

## Teachers get sick, too

By Taylor Brusky  
Features Editor

A recent flu epidemic has hit the U.S. hard. People of all ages have died throughout the country. Regardless, many high school students come to school sick and spread their germs to others. In this case, art teacher Mr. Peter Tiner had to pay the price.

"I got hit with the flu, and boy, it just knocked me out," said Tiner. "What a waste of vacation, let me tell you."

Many students went skiing over "Ski Week" while Tiner stayed at home and twiddled his thumbs. He could have been in Yosemite, but the flu had other plans.

"I had a week booked at the Ahwahnee in Yosemite," said Tiner. "I had this planned for a year, and I had to cancel it all. I was



A sketch of Mr. Tiner blowing his nose. (Colin Peterson)

crushed." The vacation has passed, and the students have re-

turned to their classrooms. Students must decide what is better: staying at home sick and missing

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important schoolwork, or coming to school and spreading germs to their friends, teachers, counselors, janitors and even random people in hallway encounters. The choice is yours, but please, think of the teachers.

### Be healthy

1. Wash your hands.
2. Cover your mouth.
3. Get enough sleep.
4. Stay home when you are sick.
5. Get a flu shot.

## Organic food...count it

By Nikolai Jerkunica  
Reporter

Organic food provides a plethora of benefits to the human body and to the planet.

"I think it is good for the body and good for the soul," said junior Kira Minot.

First, organic food contains a higher concentration of nutrients; one can consume less organic food and still attain satiation. This fact, along with superior consumer delight, compensates for the higher prices for organic food.

"[Organic food is] delicious, without the need for enhancements," said freshman Kevin Kent.

Organic food can counteract previous impurities like pesticides in the body.

"It's a way to counteract all the bad things I do eat," said Mrs. Lundblad, the American Government, World Geography and Psychology teacher.

Unlike its enemy, the pesticide/hormone-infested food, organic food helps the environment during its growth.



Organic foods, such as organic milk, are easy to buy. (Nikolai Jerkunica)

Pesticides and other forms of pollution significantly adulterate the majority of United States' lakes, rivers, oceans and groundwater. By producing organic food, farmers can contribute to the planet's conservation.

Despite the difficulties

faced by farmers when growing organic food, such as less yields due to insect infestation, many alternatives to pesticides do exist. Some of these methods include the introduction of beneficial insects to kill off the bad ones, and also compan-

ion planting in which one strategically places a plant that repels certain insects next to the infested crop.

"Organic food is cooler because it doesn't have pesticides and all that bad stuff," said sophomore Chelsea Garmshausen.

## Is it all just posturing?

By Zoe Epstein  
Editor in Chief/ Product Manager

Most students have been told to sit up straight at some point in their lives. Some may have even attempted it, only to find that their backs ached after only ten minutes.

Our bodies become accustomed to certain postures over time, so it takes more than simply sitting up straight for ten minutes to correct our posture.

There are several explanations as to why we slouch. Some say that when we experience pain or sickness, our bodies naturally adjust to keep us balanced. After a certain amount of time, we become accustomed to the new posture, so even when our injuries heal, the new posture remains.

Another possible explanation for slouching is that we sit in chairs far too much. Genetically, we are inclined to have decent postures; that is just the way we are built. Children generally have noticeably better postures than teenagers and adults

because their postures have not changed much yet.

A study done in Australia found that children often try to tilt their chairs in class in order to maintain a natural posture and still see the papers on their desks. It is food for thought, at the least.

How does slouching affect us?

Well, if you've ever seen those elderly people with hunched backs, you have seen one of the results of slouching. Not all hunched backs come from slouching, but bad posture is definitely one of the causes.

Aside from that, slouching can result in pain - minor or severe. There are multiple forms of therapy for back pain, such as visiting a chiropractor.

Many of us have bad posture, and many people suffer from enough back pain that they need to seek help. Ultimately, the degree to which bad posture affects our lives depends on the extremity of our slouching.

## Are you smarter than an Art Smart?

1. Do you participate in some kind of physical activity daily?
2. Do you have a diet that is low in saturated fat, cholesterol and moderate in total fat?
3. Do you choose beverages and foods to moderate your intake of sugar?
4. Are you able to express your feelings and emotions in a safe place with friends and family?
5. Are you able to manage the stress in your life in a healthy way?
6. Do you get enough sleep each night and wake up rested?
7. Do you start out each day with a healthy, nutritional breakfast?

### Smart Health Scoring Guide

- 7 yes's: Thou Art Smart!
- 6 yes's: Almost there...
- 5 yes's: There is a lot of room for improvement.
- 4 yes's: You are somewhat smart, but no Art Smart.
- 3 yes's: You would see a C on your report card.
- 2 yes's: Good for you. You got two. Get the clue?
- 1 yes's: If smartness is an art, we recommend a science or something...
- 0 yes's: You are the weakest link, goodbye!