

# UNDERAGE PAGE

## Love, it's all in your head

A study is breaking down the science behind love; how our brains react to the ideas and images that evoke the feelings of romantic love.

— Please see Page 2A



Illustration by Jonathan McGinnis

A 2006 survey of American teenagers found only 20 percent are getting the adequate 9-10 hours of sleep a night necessary to feel energized and prepared for school. The survey also noted that 28 percent of students fall asleep in class at least once a week.

# Losing more than sleep

BY ALEX ANDERSON  
TEMPLE HIGH SCHOOL

In addition to the typical school day, the schedule of an average American teenager is jam-packed with various after school activities including hobbies, theater, clubs, band, church, part-time jobs as well as many others.

While caught up in this frenzy, they also must find time to manage their school and homework; however, what most don't realize is that they are lacking the very thing needed to have the necessary energy to accomplish all of this, sleep!

According to a 2006 survey put out by the National Sleep Foundation, only 20 percent of American teenagers get an adequate amount of sleep every night. For a full night's rest, nine to 10 hours is sufficient; however most are lucky to get even six to eight hours.

The usual adolescent sleep cycle includes staying up late until 11 or 12 on school nights, stumbling out of bed around 6, yawning throughout the school day, perking up for

various activities of interest, drowsing through homework, waking up at 9 p.m., denying being tired and staying up late, thus restarting the cycle. Then on the weekends staying up half the night yet again and sleeping into the afternoon and restarting the cycle Sunday night.

Not getting enough sleep can lead to poor grades, inability to pay attention in class, impairment in driving, as well as contributing to physical, emotional and psychological effects.

The 2006 survey revealed other interesting findings involving adolescent sleep patterns. Most children have to get up at 6:30 a.m. in order to get ready for school; however over half of high school seniors don't go to bed until after 11 p.m. Fifteen percent of students in grades 10 through 12 say they drive at least once a week while feeling sleepy. Twenty-eight percent of students fall asleep during school at least once a week.

"What's sleep?" said senior Alex Tolleson, both an IB and theater student. "I'm in theater

and I usually don't get home until after 7 and most of the time by the time I get settled in and start on my homework it's well past 8."

While the obvious solution to being tired in the mornings is to get more sleep, a lot of students want quick and easy fixes, such as caffeine and energy drinks. Seventy-five percent of children said they consumed at least one drink with caffeine per day and 31 percent said they consumed two or more. Energy drinks, however, can cause harmful long-term effects.

"It's increasingly difficult to be involved heavily in both challenging academic courses and extracurricular activities," said senior Stephanie Scherer, an IB and theater student. "Although I do what I do because I enjoy it. If it means that I lose a couple of hours off my average sleep time to get things done, so be it. Making the choice to also do theater has been both rewarding and exhausting. To me, the pros greatly outweigh the cons when it comes to getting less sleep due to doing more."

# The legend of love

## A brief look at the origins of Valentine's Day

BY CATHLEEN LISS-FARROW  
TEMPLE HIGH SCHOOL

Valentine's Day is a day of flowers, candy, tokens of love and above all, profits for those who sell them. But just where did Valentine's Day begin? Turns out, historians don't really know. But like all good legends there is no shortage of stories.

The most common story seems to concern the feast of Lupercalia, an ancient fertility rite. On Feb. 14, the day before the feast began, men would supposedly draw tickets from an urn and be expected to pursue the woman whose name they drew.

A more common and religious explanation concerns Saint Valentine, who was supposedly martyred on Feb. 14. Ancient texts record the existence of three Saint Valentines but it is not clear how many there really were, or what actually happened to them.

The Roman Emperor Claudius II forbid marriage of any soldier and whoever was to marry a soldier would be put in jail and sentenced to death. According to the story, a third century priest named Valentine defied the emperor and performed secret marriages for soldiers.

When Claudius II found out his order had been defied, the priest was sent to jail to await execution. He supposedly sent the jailer's daughter a note before his sentence was carried out, signed "from your Valentine." He was put to death on Feb. 14, 270 A.D. In honor of the priest, the Pope named Feb. 14 as St. Valentine's Day.

Since this day the sending of notes has been continued, and now means a sincere example of caring for your significant other, close friends and also your family.

Today, Valentine's Day is known as the annual holiday honoring lovers, exchanging gifts and also sending those famous cards.

People all around the world celebrate Valentine's Day in many different ways. In the United States and Canada, people exchange gifts. In Europe, the British children sing special Valentine's Day songs. In China, the people put up colorful shrines and have flowers decorated everywhere.

People around the world give gifts. It is a sign of love and caring for everyone. Some gifts that are given are things such as candy, flowers and stuffed animals. Many people make marriage proposals on this love-filled holiday.

A legend often connected with Valentine's Day is the story of Cupid. Cupid, or Eros in Greek mythology, was the son of the Greek goddess of love, Aphrodite.

Cupid is the most famous Valentine symbol, easily recognized as the cherub boy armed with bow and arrows. The arrows signify desires and emotions of love. If struck by an arrow, the next person you saw would supposedly be the love of your life.

No matter which legend is true, Valentine's Day has become a multi-billion dollar industry. Whether it's candies, flowers or cards, there's bound to be some way to spend this Valentine's showing that special someone you care.



Illustration by Jonathan McGinnis

# Avoiding the 'L' word in high school

BY ARIANE FLORES  
TEMPLE HIGH SCHOOL

### Opinion

Valentine's Day brings to mind the colloquial expressions such as "Be mine," "You're my sweetheart," "Kiss me," etc.

True, the connotation of those phrases means thoughts of true love; however, what comes to my mind is the absurdity of the holiday. While some argue the commercial value behind the holiday, since flower organizations, candy industries, card places such as Hallmark and Precious Memories, get to over-advertise their products and make profits off the public, others will argue the actual significance of the holiday to the younger generations.

I'm personally not against love, and I'm not against buying flowers and chocolates for your significant other; however, I do believe that love is extremely rare and basically non-existent

within high schools.

Most teenagers are too young to even realize what "love" is, and are confusing the feelings of butterflies in the stomach, excitement, happiness and lust as "love," according to a recent research conducted by James Moody in a average-sized city in Oklahoma. The first time sociologists mapped the romantic and sexual relationships of an entire high school over 18 months.

"The most striking feature of the network was a single component that connected 52 percent (288) of the romantically involved students at Jefferson. This means student A had relations with student B, who had relations with student C and so on, connecting all 288 of these students," Moody said. As the average high school grows, so does the network of students who are

sexually involved with one another. According to Moody, it wasn't because students were extremely promiscuous, it was just that they were inadvertently connected to one another through their "relationships."

Furthermore, Bob Makransky in his article on buzzle.com reinforced the stance on failing high school relationships, and gives specifics as to why they fail. "Love relationships fail because at no time in our training by society are we given a factual model of what a love relationship is, or how to make one succeed. There are fundamentally three levels on which intimate relationships operate, and our social training only prepares us to deal with one of them — the most superficial one — and even that one ineptly. This superficial level is called the expectations level. It is usually the only level we address consciously."

Simply put, most teenagers cannot maintain a

long-term relationship with the one they "love" because they are confused about what love is, and some statistics put high school relationships as a 2 percent success rate after high school. In a book called "Teen Marriage," by Eleanor H. Ayer, it is stated that "A girl married at 17 is twice as likely to be divorced as a girl 18 or 19. If a girl waits until she is 25 the chances that her marriage will last are four times better."

True, there are a few examples of high school relationships going on toward a happy and successful marriage; however, there are even more examples of failed high school relationships, and if they do marry, the divorce rates have increased over the years.

Valentine's Day is a perfect day to cherish the one you love, at least for adults. In high school, it may be best to stick with the material benefits and company of your boyfriend/girlfriend, and avoid the "L" word.

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