

# UNDERAGE PAGE

## Welcome, children of the Korn

• Korn is bringing their metal freak show to Bell County Expo Center. Check out this Telegram feature looking at the Nu Metal band that took pop radio by storm with its trendy edge of rap and grueling metal, laced with melancholic lyrics of teen dissonance.  
— Please see story in this Sunday's Arts & Entertainment section.



Korn lead singer Jonathan Davis will lead the deluge of hard rock at the Bell County Expo Center next month.

# A perfect eco-friendly prom night

BY MAKENZIE CLINE  
TEMPLE HIGH SCHOOL

Prom night is considered to be one of the most important nights during high school. When the thought of prom comes up, you might think of dresses, dancing or even transportation. However, people rarely stop to consider the impact this night has on the environment. Just think of how many clothes are bought and the number of limos that take gallons of gas. Then multiply that by the enormous amount of proms going on across the country. The waste caused by these materials starts to add up quickly. There is a way to stop this

spread of pollution and save money at the same time. One important piece to the prom puzzle is the makeup. From the glitter to the lip gloss, every part is important. But the environment could live without these harmful products. A good way to avoid any damage would be to use all-natural makeup packaged in recycled material. Checking to make sure the items are not animal-tested is also helpful to the environment. Brands like Sally Hansen Natural Beauty make these all-natural products at a reasonable price. Just using a few all-natural pieces is a useful step. If sellers see buyers interested in Earth-friendly products, more companies will make the products.

The second item that a teen looks for is the outfit, a tux or dress to make their night a little more memorable. To save money, find a dress at a vintage shop. The price could be up to hundreds less and you would be saving one less dress from ending up in a landfill. It would guarantee you the most original outfit at the dance. If the dress you have is new, you could recycle it after the night by donating it. And last but not least is the ride to the prom. There are many choices. The most famous is the limo. Of course, most people probably can't imagine the ride there any other way. The best Earth-friendly alternative is riding as a big group. It saves in cost and eliminates the amount of gas used for multiple limos.

## Photo Prom-enade

Submit your favorite photos from the Prom to the UnderAge Page. Share your memories with our readers in our special edition Prom photo page. Deadline to submit photos is Monday, May 11. Send all photos with full names of everyone in the picture to: [telegramteens@yahoo.com](mailto:telegramteens@yahoo.com)

# Healthy choices

## Nutritious alternatives in cafeterias

BY KARLY HOUCHEIN  
TEMPLE HIGH SCHOOL

Crowded, busy, messy and loud are all words that come to mind when describing the Temple High School cafeteria. However, the word unhealthy isn't one of them. The fitness wave that's overcome the country is now directing its attention at school cafeterias and the options kids are given for a healthier lunch. Is THS jumping on the train for healthier ways? Of course! Ms. Rachel Lynce, supervisor of our school's cafeteria, said that all of the people who prepare our food have taken action to reduce fat in the food they serve. They have taken out the option of drinks that are high in sugar, and reduced the fat drastically in most of the main dishes. Also, cafeteria workers prepare almost all of the food themselves daily, which greatly reduces the calories and fat in the food. There is now a healthy bar in the cafeteria, which consists of potatoes,

salad, parfaits and soup. Items such as whole fruit, Baked Lays, Sun Chips and whole fruit juice are healthier upgrades being provided. There are specific people who work on the analysis of the food to make sure that it fits under the correct calorie count for lunch (300-500 calories), also contributing to the betterment of the THS students. However, the cafeteria does offer foods considered less healthy such as ice cream, chips, candy, Rice Krispie Bars, slushees, honeybuns and star crunches. So who's to blame for the shockingly high obesity rate for teens? Cafeteria food or the kids themselves? Ms. Lynce believes it is the unhealthy decisions teens make in their eating habits that are the cause of this problem, rather than the food they eat. For example, eating three ice cream sandwiches probably isn't the best choice.

## Delicious decisions at Belton High School

- Corn on the Cob
- Greenbeans
- Carrot Sticks
- Peas & Carrots
- Spinach
- Sweet Potatoes
- Chef Salad
- Fiesta Salad
- Chicken Salad
- Tuna Sandwich
- Turkey Sandwich
- Fish Sandwich
- Peaches

## Delicious decisions at Temple High School

- Green Beans
- Baked Potato
- Whole Kernel Corn
- English Peas
- Parsley Carrots
- Steamed Broccoli
- Black Eye Peas
- Toss Salad
- Taco Salad
- Chicken Salad
- Waldorf Salad
- Fajita Cool Wrap
- Fish Sandwich
- Fresh Fruit
- Chilled Fruit Salad
- Pineapple
- Baked Apples
- Cinnamon Apples



**Name:** Lauren Knight  
**Age:** 18  
**School:** Belton High School  
**Grade:** 12  
**Parents:** Gary and Vicki Knight  
**Grandparents:** Bill and Marjorie Knight



### SPOTLIGHT ON YOUTH

**Goals in Life:** I plan to go to UMHB next fall, but am undecided what to major in — possibly business. I am also going to play tennis for UMHB.

**What's important to you?** My family is very supportive and important to me, as is my relationship with God. I enjoy spending time with my friends and teammates. Excelling — in sports and academics — is important to me. I'm competitive and it drives me to excel in everything I do.

**Who is Lauren?:** Captain of varsity tennis team. Varsity tennis, four years. National Honor Society in junior and senior years.

**Groups:** Member of French Club since sophomore year. Participate in First Baptist Church youth group.

# A family of twitters

## Third most-popular social networking site helping relatives stay in touch

BY ALEX ANDERSON  
TEMPLE HIGH SCHOOL

People all across America are learning about how 'tweet' it is to use twitter, the latest and greatest social-networking Web site. Twitter is a Web site that keeps friends, relatives and co-workers together and connected via status updates. The updates are displayed on the user's profile page and sent out to people subscribed to it. It can be up to 140 characters long and sent via texting, instant messaging or online. The program was started in 2006 and quickly gained popularity. In November of 2008, Jeremiah Owyang of Forrester Research reported an esti-

mated 4-5 million users. Alternate versions have even been released in other countries. In February of 2009, compete.com reported twitter to be the third largest social network, with about 6 million new monthly visitors and 55 million overall monthly visitors. It follows Facebook as the largest and Myspace second largest. "My whole family has one," says freshman twitterer Gloria Matthews. "We send out clever messages and status updates. It's a fun way to keep up with them even though we live in different places." There also are various applications and services to help work with and enhance their twitter experience. "I think it's a fun way to stay con-

nected with your friends," says sophomore twitterer Brooke Fader. While some enjoy the pointless fun in the Web site, others find it just plain pointless. "Twitter is basically the most pointless Web site ever," says senior twitterer Gloria Matthews, THS freshman. "My whole family has one. We send out clever messages and status updates." er Corrie Hermans. "The only thing you can do is update what you are currently doing. I really don't see the point in it." With popularity in the site growing rapidly, many public officials, bands, companies and organizations are even getting one.

## Your pic published

This page is all about teenagers — their interests, their activities and what they want to read.

We accept stories, photos, graphics and ideas from any area teenager.

Submit your stuff to [telegramteens@yahoo.com](mailto:telegramteens@yahoo.com) or call Jerry Prickett at 778.4444 x225. For more info visit [www.tdtnews.com/nexgen](http://www.tdtnews.com/nexgen)

TEMPLE DAILY TELEGRAM