

A GOOD NIGHT'S SLEEP COULD HELP YOUR MEMORY

According to researchers at the University of Chicago brain activity during sleep could help with learning. The researchers say that sleep can protect your memories against interference or decay and can also help you recover them. Tests on college students revealed that those with a good nights sleep had the best results on a test given the next day. So the next time you have an important test make sure you not only study well but also get some good Z's the night before.

Source: Reuters Health



FAMILY TIME IS FUN

If they were given the choice, which of the activities below do you think most U.S. teenagers would rather do?

- Visit with friends
- Play sports or work out
- Watch television
- Surf the web

According to the annual State of Our Nation's Youth survey by Horatio Alger Association, the answer is none of the above. The August 2003 survey reveals that teens would rather spend time with their family. Spending time with family tops a long list of things students would like to do more often. Moreover the survey finds that teens these days admire their parents and get along nicely with them. Fights with parents do occur, but most often they're over small things like cleaning your room. Family time beats hanging out with friends, listening to music, surfing the Web, doing homework and watching TV. In the end, most teens actually think family is pretty sweet.

Source: <http://www.gospelcom.net/uyt/research.htm>



TEEN FASHIONS: WHAT IS IN FOR 2004



1) Natural fabrics are the trend, with cotton being the most popular, usually in natural pale colors

2) Small vertical stripes, and checks are popular

3) One of this season's new looks is the vintage/cowboy style: Denims, cords, fur-lined jackets and the vintage tooled leather, big-buckled belts

4) Hair is still often straight but curly hair is coming back as well. Casual styles with minimal upkeep are popular.

5) The latest eyeglass fashions for women and men are fun and funky. Nautica eyewear has just released a young adult line containing six styles and four celebrities are already wearing them.

Source: <http://fashion.press-world.com/v/23294.html>

Suggested New Year's resolutions for Teens by the American Academy Of Pediatrics

2004

*I will eat at least one fruit and one vegetable daily, and will limit drinking soda

*I will take care of my body through sports, fitness and nutrition.

*I will choose nonviolent television shows and video games and will only spend one to two hours daily AT THE MOST on these activities.

*I will check to see if I can give away any of my unwanted clothes and shoes to the needy.

*I will quit negative "self-talk" (i.e., "I can't do it" or "I'm so dumb")

*Whenever I'm feeling angry or stressed out, I will take a break and look for constructive ways to feel better, such as exercising, reading, writing in a journal or talking out my problem with a parent or friend.

*When faced with a difficult decision, I will talk to an adult about the options I may have.

*I will be smart about whom I choose to date.

*I will resist peer pressure to try drugs and alcohol.

<http://www.boston.com/>

