

# The Observer

## Weekly

Cloverleaf Inside and Out

February 16, 2012

### Texting Causes Health Risks

**By Claire Turner**

Children of the technology age, internet generation, generation thumbs. Yeah, we've heard it all. Everyone knows that our generation is known for the many technological advancements that have taken place during our time. Texting is one of the biggest things to come out of our era. It is quick and convenient, and it enables us to have conversations at just about any given time, but did you know that texting can affect your health?

According to mobithinking.com, about eight trillion text messages world-wide were sent in 2011. That is a huge number, and it's great to see that people are taking advantage of the available technology. Texting has given us many opportunities, and it is a good thing in moderation.

However, too much texting can, believe it or not, be physically harmful. According to psychcentral.com, it has been proven that those who spend a large amount of time texting tend to experience more pain in the neck and shoulders. The way the body is positioned when texting is similar to the way someone sits when he or she is typing. This can cause muscle strain. Also, looking at the screen of a phone for extended periods of time can cause eye strain, just like staring at the screen of a computer can.

So far, the side effects of texting



Texting has become a worldwide fad that it seems like everyone is doing.  
*Photo courtesy of Wikipedia Commons*

don't sound too bad, and most people are willing to put up with them in order to text. However, there is a chance that texting can cause more than just sore eyes and arms.

It has been proven that texting may be a factor in the cause and development of carpal tunnel syndrome. According to mayoclinic.com, carpal tunnel is a painful hand and wrist condition caused by a pinched nerve in the wrist, often caused by the anatomy of certain peoples' hands and overuse. According to huffingtonpost.com, a 16-year-old Chicago girl developed this condition as a result of excessive texting. Although there is not much evidence to prove that texting will give you carpal tunnel, it defi-

nitely does make sense. When you're texting, your hands and wrists are positioned awkwardly, and your thumbs are moving rapidly. This could definitely put some strain on things.

Some Cloverleaf students were asked if they are concerned about the health risks of texting.

"I'm probably immune to carpal tunnel due to playing so many video games, so I should be okay," said junior Chase Walkup.

"I don't really text that much, so I'm not too worried about it," senior Madison Lindsey said.

The fact that you text doesn't mean you'll get carpal tunnel. Texting is fun, so don't quit! It's just good to be aware of what can happen if you abuse your cell phone and text constantly.

# One More Game: One Last Time in The Corral

**By Brittney Piper**

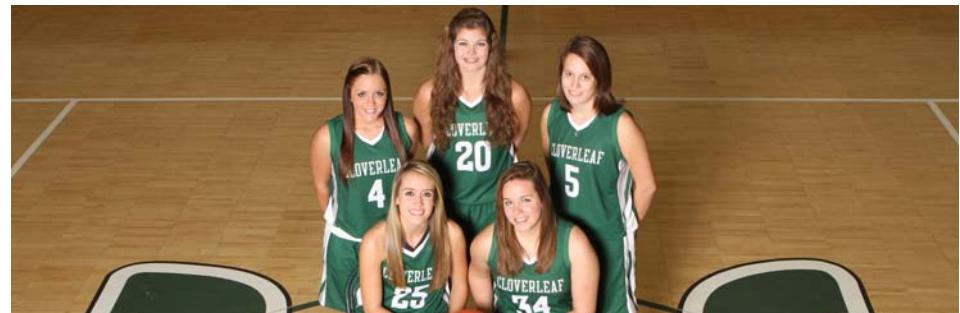
As the season is coming to an end, Cloverleaf High School girls' basketball team will celebrate their Senior Night tonight at 7:30 at the Corral.

The girls will face the Nordonia Knights with the hope of a second victory over the team. But before tip off begins, the team will be honoring their five senior girls.

Adrea Baughman will be first to walk the floor with her parents. When walking the floor, there will be a memorable speech given by Rebecca Polchek to announce Adrea's future and goals.

Shelby Dearth will be next. Kendall Yuhas has had the pleasure to write Shelby's speech for her.

"It has been extremely easy to write this speech for Shelby! It makes it easy when looking back on the season," stated junior Kendall Yuhas.



The girls will play one last game tonight at home. *Photo courtesy of The Equestrian*

Sam Furr will walk the floor with her parents and Jessie Lindemeyer will give Sam's speech. Jessie had written Sam's speech for volleyball season as well, showing that the two really have had the chance to get to know one another over the two seasons.

Haley Ploucha will be next. Emily Civittolo will be giving Ploucha's speech. Haley had asked Emily to write her speech because she felt that they are most like each other and get along really well.

Last will be Katie Simpson. Brit-

tany Piper will be reading her speech as she walks the floor with her parents. Katie asked Brittany to write her speech over the summer, giving Piper a lot of time to think of many things to put into the speech.

So come on out to The Corral tonight to support the girls' JV and Varsity teams as they take on the Knights. Also, feel free to hang out with the team and enjoy the memories of their careers. There will be a small ceremony for the players and parents after the game.

## Buyers Beware: You Could Be Paying More for Shrinking Products

**By Morgan Hall**

Do you ever feel like you open a bag of chips and it's only half full? You may not know it, but almost all everyday items have been increasingly shrinking in size, while staying the same price or even going up in price just like this.

Companies and manufacturers use these sneaky tricks in order to gain more profit, but instead they could be losing buyers due to their dissatisfaction about these changes.

Most people may not have noticed it before, but recently it has become more and more common in products. It's unfair to the buyer to not know they are getting less. These companies aren't saying anything about it and are not being

straight-forward, hoping to get away with it.

For example, things like Tropicana orange juice, Kraft cheese, Kirkland paper towels, and Scott toilet paper, are all being reduced in size and coming with less in a pack.

There are ways to protect yourself from being scammed by companies like these. If there is a product you buy on a regular basis, compare sizes and prices to others to make sure a specific company isn't using false packaging, or slowly reducing the size of it. If you find out one product is being reduced then switch to another brand. Why would you want to pay more for less?

Parents and other adults may be more concerned about these changes than teens, but being a large part of the industry, teens could easily be ripped off just as much.

Through buying snacks and drinks, make-up, or even cologne/perfume, you could easily be getting less than what you paid for. Especially if you work and pay for a lot of your own things, you don't want to be ripped off.

It is important to know good spending and saving skills, now and for the future. Looking into things like this could help you a lot with saving money in the long run, as well as using coupons and other saving techniques.

**Editor-in-Chief**

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## Quiz & Quotes

What did you like about the Grammys?



**Tony Giachetti (12)-**  
“Adele.”



**Rebecca Polchek (11)-**  
“Miranda Lambert’s dress was pretty.”



**Katie Schroll (10)-**  
“Adele’s performance!”



**Ethan Simon (9)-**  
“The live performances.”

# Origin and Controversy

**By Russell Flanagan**

Black History Month is celebrated by the United States and Canada in February, and the UK celebrates it in October. Many people know of the celebration, but not as many know who started it or why we celebrate it in February.

Carter G. Woodson, the son of a former slave, received his doctorate from Harvard University in 1912. He was the second African American to do so. In 1915, he attended a three-week event in Chicago that celebrated the 50<sup>th</sup> anniversary of the abolition of slavery.

Shortly after the convention, Carter and four others were inspired to create the Association for the Study of Negro Life and History. This association published the *Journal of Negro History*.

Woodson was very aware that most texts and writings excluded any achievement made by black people. He was then inspired to bring more attention and more interest in black history. He announced that the second week of February would be “*Negro History Week*” in 1926 as a result.

Two men that had a major impact in African American freedom and the improvement of their living conditions were born within that week: Abraham Lincoln (February 12) and Frederick Douglass (February 14). Woodson chose that week specifically to honor the two men for their efforts. The celebration quickly caught on.

In 1976, the Bicentennial of US independence and the 50<sup>th</sup> anniversary of Black History Week, was expanded into Black History Month. February has remained Black History Month in the United States since then.

This inspired Akyaaba Addai Sebo to create a celebration in the UK. On Oct. 1, 1987, the first black history event was held in the UK. For this reason, the UK celebrates Black History Month in October.

There has been some controversy about the month in recent years. Some people feel that Black History Month is unnecessary and offensive.

In an interview on *60 Minutes*, Morgan Freeman spoke out against Black History Month, even calling it “ridiculous.”

“You’re going to relegate my history to a month? I don’t want a black history month. Black history is American history.”

After telling junior Dean Charek about the views of Morgan Freeman, he has this to say.

“I agree with Morgan Freeman. They should just make it American History month.”

While the celebration does not have negative intentions, some people see it that way. With President Obama and many other politicians supporting Black History Month, it seems it will be here for decades to come.

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# Big Winners at Grammy Awards

**By Chelsey Vicker**

The 2012 Grammy Awards appeared on millions of television screens around America on Feb. 12.

The Grammys set aside the usual celebratory vibe to pay tribute to Whitney Houston, whose death hung heavy over the 54<sup>th</sup> annual show.

Fans were not shocked when by the end of the awards, Adele took home six, including “Best Song, Record, and Album” of the year.

Earlier in the show, Adele thanked doctors for fixing her voice after she has struggled with recovery from surgery on her vocal cords that forced her to cancel her most recent tour in its entirety.

Rihanna sprawled herself on the floor under a red light, accompanied by just a piano, in preparation for her performance of her now number one hit, “We Found Love.” Coldplay concluded the performance with an upbeat note, playing their song, “Paradise.” During the performance, members in the audience that received a Coldplay wrist band placed them on their wrists proudly as they watched in amusement.

Chris Brown let his feet do the talking during his performance as he used his fancy footwork that fans all know and love. Brown stood atop a plethora of colorful blocks that resembled the 1980’s arcade game, “Q-Bert.” As the beat built up, Brown got a bit daring and jumped across the structure of blocks as his backup dancers followed him in a high-flying routine. At the end, Chris Brown saluted the crowd before taking a bow.



Adele, performing here in 2009, had a big night on Sunday with six awards.

*Photo courtesy of Wikipedia Commons*

The Wisconsin Indie rock band, Bon Iver, ended up taking the honor of “Best New Artist” over Nicki Minaj. Front man Justin Vernon uncomfortably accepted the award in front of the other many talented artists that filled the Staples Center.

“It’s also hard to accept because when I started to make songs, I did it for the inherent reward of making songs, so I’m a little bit uncomfortable up here,” Vernon continued. “With that discomfort, I do have a sense of gratitude. I want to say thank you to all the nominees and all the non-

nominees that have never been here and never will be here.”

Vernon ended his speech by thanking the Grammy voters for the “sweet hookup” and closed, of course, by shouting out, “Eau Claire, Wisconsin!”

Inside Staples Center, they played highlights from the past shows during commercial breaks. Pink’s performance of “Glitter in the Air” captivated the audience so much that when they cut back to the show, the whole crowd groaned in displeasure.