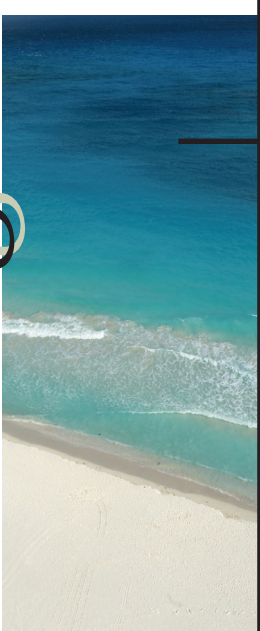


Go Figure



Chris Welch/Minneapolis Star Tribune/MCT

1 number
The number one spring break destination for teenagers last year was Daytona Beach while the second was Cancun. This year, vacations are in demand, with spring break bookings up 25% from last year. However, because of the increased demand and gas price hikes, airline prices have increased 8-13 percent.

7 billion dollars

The annual cost of treating allergies is about \$7 billion, with \$5.7 billion towards medication and \$300 million towards office visits. Interestingly, allergies and hay fever cause four million missed workdays per year, resulting in \$700 million in lost productivity. Allergies are expensive!



Randall Benton/Sacramento Bee/MCT

657.45 females

We spend 90% of our lives indoors. So, by your 18th birthday, you will have spent 142,009.2 hours, or 6,574.5 days, inside a concrete or brick box with various architectural embellishments compared to 15,788.8 hours, or 657.45 days in the great outdoors.



Chris Welch/Minneapolis Star Tribune/MCT



The mere mention of s-p-r-i-n-g b-r-e-a-k to our overstressed minds brings up picturesque images of days relaxing in exotic destinations, but rarely do we consider the consequences of lying on the beach, unabashedly soaking up the sun's glorious UV rays. Approximately 95% of the sun's radiation is composed of UVA rays which can cause sunburn, unattractive brown spots, premature wrinkles, and most importantly, sink cancer. The second most common cancer in females aged 15-29 years old is now melanoma, the deadliest form of skin cancer. Therefore, the Center for Disease Control (CDC) suggests beach goers to bring along sunscreen with a sun protective factor (SPF) of 15 or higher and apply it ever two hours and/or after swimming. Be sure to bring plenty of aloe vera (to sooth sunburns) and aspirin (to reduce swelling). Sunburns also dehydrate the body, so make sure to drink plenty of water. Skiers should also bring sunscreen and heavy winter gear because snow easily reflects UV rays. Just remember that it's easier to have fun when your back doesn't feel like its on fire.

Thumbs Up

- The promise of warm weather
Botanical Garden flowers
Four leaf clovers
March Madness
Spring break!
Wearing shorts
Mardi Gras
Farmer's market
Fashion show



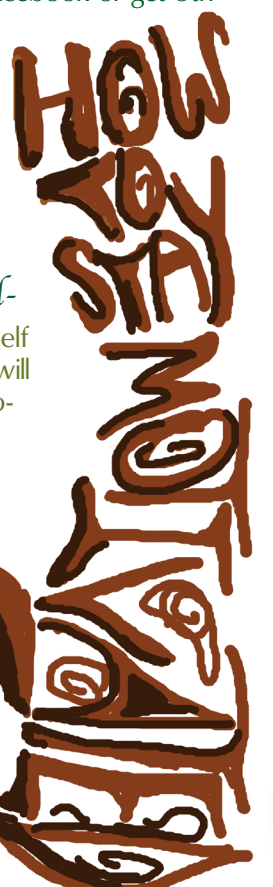
Thumbs Down

- Japanese earthquake/tsunami
Pollen/allergies
AP/SAT/ACT testing
Seniors leaving
Mowing the lawn
No spring dance
Snow in March
Sweating
Bee stings

WHAT TO DO DURING SPRING BREAK!

- Paint, or attempt to sketch friends and family
Hill (don't fall into the lake)
Go to the library and read that book on your book list, or volunteer
Go to the zoo and see your favorite animals
Go to the Science Center Planetarium and look at the stars
Camp outside and look at the real stars
Go on a family bike ride
Watch a movie
Sort through your old toys and have a yard sale
Clean out your closet
Weed the garden, but be beware of lawn gnomes
Draw a treasure map with sidewalk chalk
Have a picnic!
Take a hike through urban yards.
Beware of dogs
Learn new trampoline tricks
Dress up as one of your friends
Have a party!
Go swimming
Dance in the car with the sunroof rolled down
Pick up a hobby from your grandparents
Repaint the trim, doors, and baseboards of your basement
Color Disney picture books
Play Taboo, Apples to Apples, and Catch Phrase
Go work your quads at Sky Zone
Play air hockey with strobe lights
Make a city with your brother's train set
Make sock puppets and put on a show (then upload them to YouTube)
Make greeting cards for birthdays, and various other holidays
Write letters to family
Conduct a science experiment
Make a treasure chest and bury it in Forest Park (make sure to leave a map)
SING!
Start that novel in your head
GO ON VACATION!
Go to a big field and have a water balloon fight
Build and fly a kite
Bake delicious treats
Pretend like you're on a beach in a sandbox and build sand castles that won't be washed over by the sea
Make the next viral YouTube video
Call faraway friends and catch up with world events
Mail postcards from your own home town to out-of-town family
Visit greenhouse
Build a boomerang and test it out
Sew a summer dress
Make a friendship necklace/bracelet
Have breakfast for dinner
Have a citywide capture the flag tournament
Take a walk, smell the roses
SHOP!
Watch home movies, or create home movies
Watch a sunrise or sunset over the river
Count the leaves on a budding tree, or watch grass grow and think about the meaning of life
Update your journal/diary
Make something with toothpicks or popsicle sticks
Play Hide-n-seek in the dark
Have a Karaoke Night
Rearrange your room according to Feng Shui
Have a Fiesta (Mexican Night)
Have a silly string fight, or a mud fight
Walk everywhere for a day
Listen to audio books, or create an audio version of your favorite book
Make dinner for your friends
Grow a plant from a seed
Make shadow puppets
Sing in the spring rains, and splash in all the puddles
RELAX!

Do NOT go on Facebook. If you have to, add web extensions that allow you block web pages for a designated amount of time. The moment you get home, instead of going online, make a list of all the work you have to have done by tomorrow - the list will either make you realize how much work you have to do, or help you organize your time. Y-ish the essay or lab report, think about how good you will feel afterwards and compare that good feeling to the stressed panic you are currently in. This will hopefully convince you that doing the homework is worth the pain. Don't think about the dwindling time you have to finish that paper. Try to set an alarm for a certain amount of time, as opposed to constantly checking the clock. Make a big public commitment, like telling your friends you WILL finish, and you'll be more likely to finish it. Create a friendly competition with your friends. Check Powerschool often to remind yourself how important this assignment is to your GPA. Make it a rule never to skip two days in a row. Beware of urges to go check Facebook or get otherwise distracted and prepare for them. Start with homework that is easier, to help ease the transition into more difficult homework. Reward yourself... often, but don't get distracted by the rewards. If you're stumped, be patient and think it through. Or call your friends. Or search the internet. Getting started is the hardest part, so just get started! Don't lie to yourself and convince yourself that the two hour assignment will only take half an hour if you "work really hard." Procrastination comes from the (false) belief that you have the ability to finish the assignment later. Don't procrastinate



Quotes to Grow On

- "We are what we repeatedly do. Excellence, therefore, is not an act but a habit." - Aristotle
"The best way out is always through." - Robert Frost
"Do not wait to strike till the iron is hot; but make it hot by striking." - William B. Sprague
"Great spirits have always encountered violent opposition from mediocre minds." - Albert Einstein
"Whether you think you can or think you can't, you're right." - Henry Ford
"I know for sure that what we dwell on is who we become." - Oprah Winfrey
"I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed." - Michael Jordan
"You must be the change you want to see in the world." - Mahatma Gandhi
"What you get by achieving your goals is not as important as what you become by achieving your goals." - Goethe
"You can get everything in life you want if you will just help enough other people get what they want." - Zig Ziglar
"Desire is the starting point of all achievement, not a hope, not a wish, but a keen pulsating desire which transcends everything." - Napoleon Hill
"Failure is the condiment that gives success its flavor." - Truman Capote
"If you keep saying things are going to be bad, you have a chance of being a prophet." - Isaac B. Singer
"Keep on going and the chances are you will stumble on something, perhaps when you are least expecting it. I have never heard of anyone stumbling on something sitting down." - Charles F. Kettering
"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover." - Mark Twain
"Experience is what you get when you don't get what you want." - Dan Stanford
"Setting an example is not the main means of influencing others; it is the only means." - Albert Einstein

Zoom In



Dee Luo

What kind of plant will grow from these roots? Go to http://www.chsglobe.com/web-site/2011/03/zoom-out-march/ to find out!