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GAMES



Teaching a classic some new tricks

By **BILLY O'KEEFE**
McClatchy News Service

"TETRIS EVOLUTION"

For Xbox 360; Mass Media/THQ; ESRB Rating: Everyone

It might seem a bit odd paying \$30 for a boxed copy of "Tetris Evolution" with so many downloadable puzzle games available for less on Xbox Live Arcade. Perhaps you can't fathom the idea of paying for a game that, high-definition graphics or not, doesn't look all that different than it ever has.

Here's what "Evolution" offers that those other games cannot: 1,000 achievement points, which equate to a brand-new challenge for players as sweet on Microsoft's innovative Gamerscore system as they are "Tetris." Mass Media has created an extensive to-do list for "Tetris" vets to complete, ranging from on-the-spot wizardry (consecutive tetris, high-speed line clearing) to more time-intensive feats (cracking the half-million mark in Marathon mode, for instance).

These challenges, along with four-player Live/offline support and a few new modes, should keep the diehards playing long after they've gotten their \$30's worth.

"Evolution" offers 11 (eight single-player, three multiplayer) modes of play, but they're variations on the rules more than anything else.

That's not necessarily a bad thing — at all, in fact. Traditionalists who continue to love the game after all these years will appreciate the new challenges each mode brings, and "Evolution" offers a nice selection of achievements to unlock (as well as online competition and leaderboards to conquer) for most. Little ground is broken, but the ingredients for keeping this disc in heavy rotation on your 360 are everywhere.

HEALTH

Q&A

Q: My friends tell me I smell. I take extra showers, use new body sprays and change my underwear, but nothing works. Is there something wrong with me? Some people say it's metabolic.

It sounds like this issue has been bothering you quite a lot. It is important to know that you are not the only one with body odor issues.

In most cases, there is nothing medically wrong with someone who has body odor. In fact, it is often a result of normal growth and development. You did not list how old you are, but it is likely that you are going through stages of puberty that cause some of your hormone levels to increase along with breast development and eventual menstruation. Some of these hormone levels affect the sweat glands in both their size and sweat production.

Sweat itself is usually odorless, but as it interacts with the bacteria that are on your skin it can cause an odor. Since you have more sweat after puberty, the odor can increase.

Some of the easy things for you to do at home include multiple showers or baths per day (which you have mentioned). You stated that you had tried body sprays, but using deodorant soaps such as Dial or Zest may help more, as will deodorants with antibacterial components. Additionally, remember to carefully clean the creases and folds of your skin, as they can be areas that harbor more bacteria that can interact with sweat. Wearing looser clothing to allow your body to "breathe" may help as well.

And check your clothing, too. Sometimes odors can be transferred to the fabric when you sweat.

Rarely, abnormal or offensive body odor can be caused by a condition called bromhidrosis, which is a disorder associated with overproductive sweat glands and overgrowth of bacteria. Bromhidrosis may be related to rare metabolic disorders; ingestion of certain foods, drugs or toxic materials; or medical and dermatologic conditions associated with excessive sweating or bacterial growth (such as obesity, diabetes mellitus or skin infections). Your doctor will know if this applies to you.

Remember you can always talk to your doctor. Feel free to make an appointment to talk with him/her about the problem and things you can do to help. We know this is an embarrassing topic for you, but there are many people that have the same questions — and symptoms — as you do.

— TeenGrowth.com

For which they stand

Teens' opinions vary on daily Pledge of Allegiance in school

By **MARTA PACZKOWSKA**
Herald News Teen Correspondent

It is 7:46 a.m. The bell just rang, signifying that every Clifton High School student has exactly three minutes to report to homeroom, three minutes to speed-walk into class before every television turns on with the sound of Jessica Simpson elongating every word of national anthem.

I am practically jogging down the hallway when I hear a teacher shout out behind me, "Stop young lady! The national anthem is on!"

Everyone caught in the hallway is forced to freeze. They roll their eyes and wait impatiently for the national anthem — which is only heard in the classrooms and not in the hallways — to be over.

Then the Pledge of Allegiance is said by those that choose to say it. Very few individuals hold their hands on their hearts, and even fewer recite the words. After the pledge is over, they are free to continue walking to class.

This raises the question: Along the way, do they ever stop to consider the meaning behind it? Do they know when and why the daily practice was instituted in their public schools?

The Pledge of Allegiance dates back to 1892, when Francis Bellamy, a Baptist minister and Christian socialist, wrote it to celebrate the 400th anniversary of Columbus' discovery of America. Since Bellamy was also a chairman of a committee of superintendents of education in the National Education Association, he prepared a program for the Columbus Day celebration in public schools that involved a flag raising ceremony and the recitation of his original Pledge of Allegiance.

Shortly thereafter, public schools began reciting the unofficial pledge daily, but it did not gain exceptional popularity until the patriotic fervor resulting from World War II; in 1942 the U.S. Congress officially recognized the pledge. A year later the U.S. Supreme Court ruled that students cannot be forced to recite the Pledge of Allegiance as part of their daily routine, yet a 2006 survey conducted by firstamendmentcenter.org found that, "Of the 53 states and territories in this survey (the 50 states plus Puerto Rico, the District of Columbia and the Virgin Islands), 43 require public school students to recite the Pledge of Allegiance."

Clifton High School, despite its daily game of freeze tag, does not actually enforce it as strictly as some other schools. Still, some students feel that the measures being taken are senseless and inconvenient.

Amanda Porga, a senior at Clifton, said, "I don't think it makes sense to stop in the hallway if you can't even hear the national anthem."

Other Clifton students are exasperated with the policy. "Even if we lean on the wall, the teachers go nuts!" said Hamas Shahin, 17.

Another point was brought up by 18-year-old Melissa Weeks: "Stopping kids in the hallway is unnecessary because it makes a lot of people late to class. A lot more people would be on time if they weren't stopped."

Some Clifton students, however, are not opposed to the policy for its inconvenience, but rather for the undesirable effects it has on their peers and on the meaning behind the pledge. Weeks pointed out, "We've been saying the pledge since elementary school — it has become routine." And Christopher Balbuena, a junior, said, "If teachers didn't force students

and the national anthem is not necessarily prudent because the significance gets lost in the mechanical routine. I think that is more disrespectful than thinking about the pledge and choosing not to say it."

While the majority of students at Clifton seem to be against the mandatory observance of the Pledge of Allegiance, many like senior Kristen Hariton have their own personal reasons for saying it.

"Our flag represents the freedoms our soldiers are fighting and risking their lives for. It sounds cliché, but we owe everything we enjoy to the brave men and women in our armed forces," she said. "I don't necessarily agree with the war in Iraq, but I will always respect our flag and country, regardless of my opinions."

This is a widespread opinion in Passaic High School's NJROTC program.

"We enforce it even more strictly than the rest of the school," senior cadet Angy Plata said.

"We have to stand at attention and face the flag, or else you have to drop to do push-ups... as many as the officers feel is necessary."

Another one of Passaic's senior cadets, Mona Sisodia, said: "It (the NJROTC program) has influenced me and because of that I respect the flag more. I say the pledge proudly because I think it's disrespectful if you don't. If you're in this country, you should respect its traditions."

The tradition, and thus the meaning, of the Pledge of Allegiance may get lost since "not everyone gets the big picture all at once," as a history teacher at Clifton High School commented.

But many may be wondering, what is the big picture? Why is the pledge so important? Because our country is such a melting pot, or even because it is currently at war, the pledge could serve as that vital tradition which unifies the people of a country.

"I think that 9/11 showed us that no matter where we hail from, we still live in America," Hariton said. "We are protected by American laws and freedoms, and respecting the flag does unite us as a country."

And while many teenagers cite their freedom of speech as justification against reciting the Pledge of Allegiance, Plata suggests that our freedom of speech should, on the contrary, be the motivation behind respect for the flag. "We have to remember that our country granted us this freedom," she said, "and we have to respect it for that, if for nothing else."

Marta Paczkowska is a senior at Clifton High School.



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to say it, they wouldn't rebel so much."

Although it is often in the nature of teenagers to rebel against authority, is it possible that the public school approach to the pledge has simply taken its toll on the students' attitudes toward it? In 18-year-old Cassandra Trujillo's opinion, "The compulsory observance of the Pledge of Allegiance

hall monitor

KEEPING TABS ON WHAT LOCAL TEENS ARE THINKING, WATCHING & DOING

APRIL 26, 2007	Should rappers be censored?	What's your dream job?	What matters most for job hunting: college degree or networking?	When did you last leave New Jersey?	Jon Corzine is ...
Corey Van Clief , West Milford, 16	Yeah	Astronaut	College degree	A month ago to New York	Governor
Abir Halimen , P.C. Technical Institute, 15	Definitely	Senator	Networking	Last week to Pennsylvania	Sexy
Tom Agresta , Lakeland Regional, 16	Yes	Lawyer	Initially, a college degree and then networking	This weekend to Rhode Island	A man who has to make tough decisions every day
Lara Aqel , Wayne Hills, 17	No	War correspondent	Networking	Two weeks ago to Washington, D.C.	True politician

Interview & photos by **MARTA PACZKOWSKA**/Special to the Herald News (teens); The Associated Press