

Seven steps to a healthy relationship

By Allison Anderkin

They sometimes only last a week or can even last years. They can make you think your life is as good as it gets, but then cause you immediate grief. Does this description sound familiar? It probably does. That's because most of us have been involved in a high school relationship at one time or another, but the real question is: have they all been healthy for us?

The fact is that there are key components to a having a healthy relationship. The first one of those is **MUTUAL RESPECT**. This means if you respect a person in a relationship it means you value who they are, and you understand and would never pressure the decisions they make. Make sure that he/she likes you for the person that you are, like your dorky laugh, or your love for old movies. Also, all decisions made should be regarded in the same way.

Senior Sarah Mullins says that she and boyfriend Anthony Stevens also a senior definitely do this. "It doesn't bother us to be so different from each other and to not always like the same things, but that's partly why we like each other so much. Our relationship would be boring otherwise."

The next key component is **TRUST**. Does your relationship involve a lot of jealousy? Does your significant other get mad if you partnered with a person of the opposite sex in chemistry lab? Or are they cool with it and trust you and not even notice? Jealousy, because it is a natural emotion and response, can be okay sometimes but a healthy relationship can not exist if there is no trust. **HONESTY** is yet another key, but one that especially works with trust. If there has ever been lying or dishonesty

in a relationship then it can be really hard to trust.

Senior Brandon Campbell, who has been in a relationship with senior Britney Harris for almost four years, has no doubt that he and Brittany have this. "We never fight and that's because we completely trust each other. We know we would never do anything wrong, so we don't worry about it. We know each other too well to lie about anything. We have no need for dishonesty."

Another key component involves being available for your boyfriend/girlfriend...when times are bad and when times are good. **SUPPORT** needs to be present in a relationship in all situations, that includes when her favorite pet, "Princess" dies, or when he places first in a big cross country meet. All moments should be shared within a loving couple. There are some people who are great when things are going bad for you, yet they can't handle it when things are going just right. This is the type of person who doesn't need to be in any serious relationship.

Junior Bill Burdett says he had the support necessary for a relationship with his girlfriend even before they became a couple. "She always supported me even when we were just friends; she was even the person that I could talk to when I had problems with other girls."

Support, mutual respect, trust, and honesty are still not enough components to make a healthy relationship. The next key has three vital words to describe it, "Give and Take." **FAIRNESS** and **EQUALITY** are essential. While on dates take turns choosing the movie, or even take turns paying for things such as the movie or the refreshments once you get inside.

Senior Heather Adams says whether you are in a serious relationship or not there has to be fairness and equality. "When I go on dates, even if they pay for the meal I will definitely leave the tip, and we both always pick the movie. It's just more fun that way."

Conducting your relationship this way keeps one side from dominating. It makes it easier for everything to be equal. Sometimes it is okay for your boyfriend or girlfriend to try and always pay. This tends to be the boy, but as long as it is understood they do it because they are just old fashioned and not because they want to dominate or have complete "power" of the relationship. Another problem that often occurs in a relationship is forgetting the friends you both had before you had each other. Don't forget your friends. Do not drop them completely for your guy/girl, and if possible hang out with them together, but make sure you spend the same amount of time with each group of friends.

Knowing who you are and knowing who he/she is, needs to be done from the beginning. Before the relationship you were your own person, and there is no need not to still be after. The fact is a relationship can't be healthy unless you both love yourselves first. If you don't love yourself it's hard to love someone else. That's why **SEPARATE IDENTITIES** are crucial. You don't need to forget your friends, don't forget yourself. Keep the hobbies and interests you

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Are you getting enough sleep?

If not, it may cause more problems than you think

By Indi Rume

"Sleep deprivation is a common condition that afflicts 47 million Americans," according to www.sleep-deprivation.com. Sleep deprivation can cause many health problems which include early stages of diabetes, obesity, and also cause memory problems.

Symptoms of sleep deprivation include exhaustion, lack of physical energy and fatigue. These are just some minor and more noticeable symptoms.

Memory loss is caused when the frontal lobe in the brain doesn't get enough rest to function properly. This also affects people's ability to control speech and solve problems.

Your mood is also affected when you don't get enough sleep.

"When I don't enough sleep I can't focus on my activities in class because I'm too tired," said senior Jeff Todd.

Senior Stephanie Cameron said when she doesn't get enough sleep she gets hateful and very aggravated, as well as annoyed easier.

The average amount of sleep a person needs varies depending upon the person. Many people function well on very little sleep when others can't function properly without a lot of sleep. The average amount of sleep a person between the ages of 16-65 is 6-9 hours a night.

Interference with sleeping patterns can also cause sleep deprivation. Emotional stress, medical problems, and excitement

can cause these interruptions in sleeping patterns.

"After I get home from a meet my energy level is so high that I can't get to sleep," said track and cross country assistant coach Linda Howard.

The average amount of sleep an RCHS student receives a night is 6-7 hours; 6-9 is what is recommended. When surveyed students said that there were many reasons why they didn't get enough sleep.

"I try to get to bed by 10:00, but I don't get there until 11:30-12:00 because I have practice, and after practice I have to run errands," said senior Allison Anderkin. "When I get home I have to eat, then do homework and it takes about 3 hours to get it all done."

Freshman Bethany Taylor says that she doesn't get enough sleep because when she gets home she has to help around the house and after that she has to do her homework, which takes her 3-4 hours to do.

The survey showed that 12% of the students said they weren't getting enough sleep because of athletics, 12% work, 30% homework, 21% out with friends, and 24% said it was for reasons other than listed on the survey.

Sleep deprivation can cause serious problems physically, as well as mentally.

If you think that the lack of sleep you are receiving is causing any threat to your health please consult your physician.

Keep winter weight off through exercise, smaller portions

By SERENA CUNAGIN

A 17 year old girl stands looking in the mirror disgusted with herself because she has gained 5 lbs. in the last week and it's only Dec. 3. She isn't alone.

The average American gains 5 to 8 lbs. during the winter season according to many sources. Keeping pounds off during winter can be hard, but if you're determined to keep the weight off it can be done.

There are several reasons a person tends to gain weight in the winter, including

Thanksgiving and Christmas and all the big meals that go with them. Also it is cold out so people are not as active unless they are involved in a sport.

Most students, like sophomore Charles Cunagin, say that eating smaller portions of food will help keep the pounds off.

According to David Riddle, Co-op Director, if you eat six meals a day with very small portions of good nutritious food then your stomach will tend to shrink instead of stretch. Using

a smaller plate will help to regulate the food portion, he suggested.

Senior Caleb Blair, a football player here at Rockcastle, is expected to gain weight during the winter instead of lose weight, but through muscle.

"Workout in the house, do push ups, sit ups, crunches, and run in place," he recommends.

"Working out and staying active will really help the pounds from sticking to you," says Lynette Renner, a nutritionist at

the Rockcastle County Health Department.

"Since it is so cold outside, find things in the house to do that will keep you active. Also 3500 calories equal to 1 lbs. So to keep the pounds off in the winter time you have to watch your calories and if you only eat 500 calories a day then you could lose one pound a week."

To keep the pounds off, sophomore Jessie Asher, who also runs cross country, suggests going into a building

and run or run on a treadmill in a fitness place."

Extreme fitness center, located in Mt. Vernon next to Food World offers membership for \$20 dollars a month, which includes all equipment including the treadmill. Ten dollars a month is just for the treadmill. The hospital also has a fitness room in the basement. The fee is \$10 a month.