

FEATURES

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HALLOWEEN HANGOVER

Oct. 31 is the day children clothe themselves in outlandish outfits, demanding candy from strangers. After haunting hours of hoarding various candies, superheroes transform into monsters on Nov. 1, America's Halloween Hangover. Every candy consumed contributes to the many behavioral changes, especially attentiveness. Knowing a few prevention tips would be helpful because although we were always told not to take candy from strangers, we know we all do on Halloween.

JENNY LEE
Features Editor

Hanging Over the Edge of Halloween

BRIANATHAI Staff Writer

What do teachers call "the worst day of the year"? The day after America's biggest candy holiday, Nov. 1. Have you ever woken up the day after Halloween and thought, "Man, I should not have eaten all that candy last night!"? If you have, you probably know what the Halloween Hangover is: being sick from eating too much candy.

Nobody likes waking up and having the urge to throw up from all the Skittles that were eaten the night before. It is probably one of the worst feelings experienced of the year. What is really upsetting about that is, most of us tell ourselves to eat less candy compared to the year before, but each year, the candy in our Halloween buckets successfully weaken our defenses.

The Halloween Hangover is appalling on the students. We come to school with stomachaches and hallucinations in our head from the candy. In our heads, and some out loud, we think, "Why am I even here?" and "Just give me more candy!" Yet we still make the same mistake every year.

The Halloween Hangover does not affect just us students; it affects the teachers as well. Teachers take a lot of time to calm all the students down, and when they do, they will not really have everyone's attention. Sorry teachers, the sugar rush just gets to us!

PUMPKIN CELEBRATION

SHELLEY LIN Staff Writer

The holidays can cause people go overboard, whether it is Christmas, Valentine's Day, Thanksgiving, the Fourth of July or Halloween. Candies contain food dyes that affect the consumers' behaviors according to The Center for Science Interest. Research done in the United States, Canada, England and Australia state that the behaviors that have been affecting people are attention deficits, irritability, restlessness, sleep disturbance, aggression and hyperactivity. Sugar is the essential cause of the hangover, so how can we prevent ourselves from catching it?

There are ways to prevent a hangover the next day. Rather than becoming hyperactive by stuffing your empty stomach with sugar, a suggestion would be to eat before trick or treating. Another way to limit the amount of consumed candy per day is to be distracted from the candies and eat healthy foods that are easily obtained from local grocery stores. Halloween is an enjoyable holiday because of the candy, but we must also have self control.

Candy is the most common association to Halloween. After Halloween, most children experience the Halloween "hangover," the result of excessive candy consumption. However, those who suffer from diabetes cannot consume a lot of candy.

Diabetes is a metabolic disease caused when the body cannot produce enough insulin, which elevates glucose levels in the blood. According to American Diabetes Association (ADA), .026% of people under the age of 20 have diabetes. Type 1 diabetes usually develops in early adulthood and is also known as the insulin-dependent diabetes. Type 2 diabetes develops when cells do not react to insulin and is more common in overweight and physically inactive people.

On the other hand, while diabetes is an obstacle for children who wish to enjoy Halloween, candy may not have to be completely off limits to them. Parents of children who have diabetes can count the carbohydrates in the collected candy and incorporate them into their child's meal plan. This way, their child can enjoy candy without having too much sugar. Another alternative is purchasing fun-sized candy.

But sometimes, people forget that Halloween is more than candy. It is about celebrating and dressing up. Anyone can enjoy Halloween.

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