

ASB Fall Rally Intends to Augment Spirit



SEASONAL SPOTLIGHT During the Oct. 3 Fall Rally, Director of Pep, Rebecca Lopez, presents the fall sports and provides insight on upcoming sport events. *MOOR* photo by YIBEI LIU

BARRY CHEUNG
Staff Writer

Decorations and streamers covered the campus on Oct. 3 during the Fall Rally hosted by ASB. The Rally took place at the Quad where the fall sports teams, Cheer, the Mighty Moor Marching Band (MMMB) and the presidents of Boys' Federation and Girls' League participated.

"I feel that the pep rally emphasized the importance of each student at [AHS...]. It really was all about getting the crowd pumped and cheering for students who represent their school every time [they] play a game," ASB Director of Pep Rebecca Lopez said.

To start off the rally, the MMMB performed the opening act. After they finished performing, Boys' Federation and Girls'

League announced the boy and girl of the month, Mark Yue and Carol Chen, respectively. Cheer presented their routines after the announcements were made.

"The biggest change from last year's Fall Rally, [in my opinion] is the tremendous support of students that were not necessarily there because they [already] had a part in the rally itself. It was really sweet to see that many peers support our extracurricular programs," ASB member Amy Than said.

Next, girls' tennis, girls' golf, cross country, girls' volleyball, boys' water polo and football were recognized. The captains each gave a brief speech, gave information on the location of their next game and introduced all of the seniors on their team. The seniors were awarded with golden crowns prepared by ASB

to honor them in their last season for their respective sport.

"I think the Fall Rally must have been fun because it helps contribute toward school spirit, brought attention to the sports and gave the people in a sport a chance to feel appreciated," junior Andrea Hong said.

Lastly, Joe Moor and Cheer led a parade with sports teams following behind them. They marched around the campus in a circle and back to the Quad where both the parade and Fall Rally ended.

"I thought that the Fall Rally was a great way to get students to come out and support the fall sports teams. It let the students know about our sports and how we are currently doing for the season, so it felt great to receive the encouragement of the students who were watching," girls' volleyball outside hitter Nadia Gov said.

14,000 Students Injured Annually Due to Overweight Backpacks

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News Editor

In the past few years, overloaded backpacks have attracted attention from doctors and researchers. A recent study released by the U.S. Consumer Product Safety Commission shows that at least 14,000 children and adolescent patients, from five to 18 years old, are treated for backpack-related injuries every year, with the emergency room receiving more than 5,000 kids and adolescents experiencing severe pain.

An overweight backpack exceeds 15 percent of an individual's overall weight. Related injuries include acute and chronic back pain, contusions, fractures and other accidents caused by carrying an overloaded backpack, such as tripping and falling.

"In the beginning it was kind of unbearable, but after carrying it around I gradually [got] used to it, though sometimes after PE it does feel like a burden," freshman Jason Zhu, who owns a backpack that weighs 22 percent of his body weight, said. "For me, using a locker is not that efficient because it is a [bit] of a nuisance for me to get a book [in] the boisterous hallway. Having a [full] set of textbooks at home would be wonderful but that is an awful lot of expense."

As stated by Education News, students constantly lean forward due to the stress of heavy backpacks, which can lead to a rounding of the upper back and can increase neck and shoulder pain, limiting the full function of the body's muscles. Lower back pain or knee pain can be a result of change in an individual's walking pattern from the pressure of the overweight backpack.

"Most elementary schools offer scoliosis checks and they let go [of] minor scolioses because those are not severe enough to be treated. But [this] type of minor scolioses [can affect teenagers] while students are still growing. [Their backpacks are] so heavy and compressing that [...] the minor scoliosis can [exacerbate the problem]," school nurse Anita Man said.

However, as stated by the Huffington Post, injuries can be prevented. One tip is to always carry the backpack on both shoulders as the straps split the weight across the shoulders. A padded waist strap or abdominal strap and multiple compartments aid to help evenly distribute the weight. Additionally, heavier items should always be placed at the back of the bag, near the body.

MOOR graphic by SAMMIE CHEN

FDA Warns Against Powdered Caffeine Dangers

CAROLINE REN
Editor in Chief

Teenagers regularly consume caffeine through coffee, soda and other food products, but some turn to caffeine powder

to boost energy, which is readily available for purchase online in bulk for comparatively low prices. However, the U.S. Food and Drug Administration (FDA) has issued a warning after the overdose-induced death of an Ohio student in May 2014, according to MSN News.

According to USA Today, one serv-

ing of caffeine powder is one-sixteenth of a teaspoon because of its heavy concentration. However, most people do not possess the precise measuring tools needed to quantify the small amount and are likely unaware of the dangers of

create much of an impact anyway. I definitely support enforcing higher restriction on its use," senior Jessie Juanda said.

Up to 400 mg of caffeine per day for adults and 100 mg for adolescents

is safe, according to the Mayo Clinic.

A full teaspoon of caffeine powder contains around 3,200 mg of caffeine, according to the New York Post.

"Teenagers should not be intaking much caffeine anyway," school nurse Anita Man said. "Caffeine is an addictive substance; the more you consume it, the more you crave it."

caffeine overdose. Extremely high levels of caffeine in the body can induce an irregular heartbeat or seizures, and in some cases, death.

"I think [the FDA] should act on restricting the dosage and right to purchase per person within different periods of time since 'warnings' rarely

“ Caffeine is an addictive substance; the more you consume it, the more you crave it. ”

-Anita Man



READY FOR HC On Oct. 2 during lunch, ASB President Kristie Sham and Vice President Allen Chen announces this year's Homecoming theme, Nightmare in Wonderland. *MOOR* photo by SHANNON KHA

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