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*"When every student succeeds then
 no child is left behind." William
 Glasser*

SENIORS: You need to be making your college choices and get with Mr. Roelfsema to get your college applications done and turned in. He will also help you find scholarships to attend college. **ALL STUDENTS:** The choices you make now will determine your success in the future. Choose well and make those choices positive!



Barrow High

Help is available if you are not getting good grades! *Tutoring--Tuesday & Thursday from 4-5:30.*

Mr. Odgen is available to any student that is struggling in math.

Ms. Scott is available to help any student struggling with Language Arts.

Mr. Buckley is available to help students struggling with science.

All teachers are available before and after school.



Keys to success in High School:

- ➔ Attend school regularly
- ➔ Get to bed early
- ➔ Make-up missed work
- ➔ Communicate with your teacher
- ➔ Get help when you are behind

Lifetime earnings compared to a dropout:

- ★ H.S. Graduate +\$330,000.
- ★ Some college +\$538,000.
- ★ College degree, almost a **MILLION MORE.**

Not only does education pay, but education is power. Make an investment in your future by doing your best in High School and setting high goals for yourself and college. You can do it and the staff at B.H.S. will help you!

What are the dangers of energy drinks for teens?

One of the biggest concerns regarding energy drinks is the high amount of caffeine, which acts like a stimulant in the body. Guarana, another common ingredient in energy drinks, has many attributes, but its main impact is from high caffeine content.

Teenagers can be so sensitive to caffeine that a small amount can cause sleep disturbances, headaches, anxiety, rapid heartbeat, an increase in blood pressure, irritability, indigestion and nervousness. Teenagers also may experience withdrawal symptoms following exposure to caffeine.

Caffeine is a diuretic: It causes a person to lose fluids. Hence, teenagers should be cautious when drinking energy drinks while exercising or participating in sports. They must remember to keep themselves hydrated with non-caffeinated beverages like water.

Energy drinks also contain a variety of other ingredients, such as ginseng and carnitine. Ginseng is a popular herbal remedy used for improving

physical and mental performance. The amount of ginseng present in energy drinks is small, and there have not been any reported adverse effects. Carnitine is a protein found throughout the body and is a major source of energy for working muscles. Although there is not yet evidence that carnitine actually improves physical performance and its use in energy drinks has not been studied extensively, there have not been any reports of significant dangers to date. The bottom line is: Based on the negative effects of caffeine alone on the body, I would advise parents to limit the amount of energy drinks their teens consume.

by [Dr. Sandra Braganza](#)

The Blunt Truth About Marijuana Five Facts Parents Must Know

Every day 4,700 kids try marijuana for the first time. In fact, marijuana is the most widely used illicit drug among America's youth. Unfortunately, a lot of American teens, and their parents, continue to see marijuana as harmless. The National Youth Anti-Drug Media Campaign created this quiz for parents to test their knowledge about the risks associated with marijuana. How much do you know?

QUESTION 1:

Ecstasy is more popular than marijuana among kids today.

False. Far more youth use marijuana than any other drug.

Among kids who use drugs, approximately 60 percent use marijuana only.

QUESTION 2:

Marijuana is not addictive.

False. Research shows that marijuana is addictive. In fact, more teens enter treatment with a primary diagnosis of marijuana dependency than for all other illegal drugs combined.

QUESTION 3:

Smoking one marijuana joint is as harmful as smoking five cigarettes?

True. In fact, smoking four joints is like smoking an entire pack.

QUESTION 4:

Smoking weed only makes people feel mellow.

False. Marijuana can cause paranoia, panic attacks, anxiety and depression. Heavy marijuana use has even been linked with increased aggression, rebelliousness and violent behavior.

QUESTION 5:

There's not much parents and other adults can do to stop kids from trying marijuana

False. Research suggests that parents and caregivers are the most powerful influence on children when it comes to drugs. In fact, kids who learn about the risks of marijuana from parents are 36 percent less likely to use it.

For free materials and more information on how to keep teens drug-free, call the National Clearinghouse for Alcohol and Drug Information at (800)788-2800 or visit www.TheAntiDrug.com.

Science clearly shows that tobacco, caffeine, alcohol and drugs can have an adverse affect on brain growth and development on those under twenty-five. For their brain development, help kids to say no to drugs, alcohol and tobacco. -tr