

VIEWPOINT

STAFF EDITORIAL

Laziness is a warm gun



Laziness has become a school-wide epidemic - and it seems no one is immune from this dangerous disease.

It seems that a bad case of laziness is always among us at the worst of times. Where there is the will to work or some important deadline in the near future, laziness is around the corner planning its attack.

Many have warned us about laziness and its potential consequences. It even gets special spotlight in the Bible, being chosen as one of the seven deadliest sins ever.

Merriam-Webster defines laziness as "a disinclination to activity or exertion: not energetic or vigorous."

We are all guilty of being lazy at one point or another. Most people most likely have a story of how they were too lazy to perform a certain task and suffered the consequences as a result of their laziness. At any given moment, you're sure to find a paralegal or secretary, at their desk, playing solitaire on their computer and putting off whatever work that needs to be done.

As a senior, the term "senioritis" is heard every day. Sometimes it is misused, excusing a senior who has been lazy all four years instead of just this one. However, in the cases where it is correctly used, it shows how a consistent pattern of hard work does not mean one is free from the possibility of laziness.

Too many of our students fall victim to senioritis. However, one does not have to be a senior in high school to be lazy. There are different degrees of senioritis. To some, senioritis is apparent when they refuse to pick up the trash that they attempted to shoot in the trash can. To others, senioritis is exemplified by their lack of will to complete a simple homework assignment.

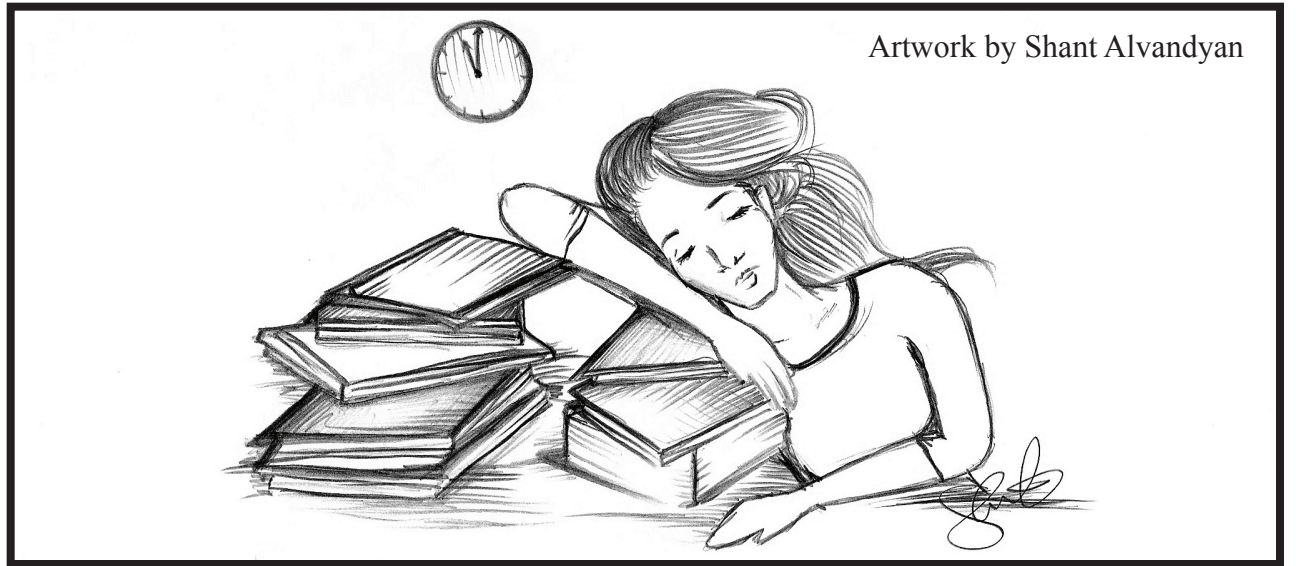
The fact of the matter is that laziness does not discriminate against anyone. Nor does it show preference for anyone. Once you allow yourself to become lazy, laziness will take over everything you do. The highest achieving AP students are even at risk. It afflicts everyone - regardless of class rank, grade, or any other factor.

So how do we break this habit of laziness? Is there even a cure to laziness? Laziness may not have a definite cure, but motivation is key in defeating this costly habit.

Thinking about long-term benefits and thinking of things that motivate you (whatever that may be) can also be surprisingly helpful. Think about the dreaded hours of work and playing last-minute-catch up you'll have to do, and instead do what you need to do then and there! Defeat this monster that is laziness and start getting motivated.

This column was co-written by Christina Asadourian and Tina Petrosian of the *Explosion*.

Zombies on Campus



Artwork by Shant Alvandyan

It's 7:15 and your alarm goes off for the third time - you don't press snooze this time and instead shift around in your bed a few minutes before you decide to get up. You start your daily morning ritual - fix your morning breath, fix the bed head, and forget to have breakfast. In the midst of brushing your teeth and skipping breakfast, you mutter all the four-letter words you could think of and condemn whomever came up with the brilliant idea of school.

When you get to school, you're not alone; there are other walking zombies on campus, limping their way to first period. You know that a good portion of them were up into the wee hours of the night either finishing up some AP work or watching bad TV.

As you're sitting at your desk and your teacher is trying to explain the significance of the Great Potato Famine, you promise yourself you'll go to bed at a more sensible time tonight and never do this again.

But, wait! Stop thinking that your going to bed late is entirely your fault and can be altered easily. As teenagers, our biological rhythms are different than those of younger children and adults, and therefore we shouldn't be held to the same schedule as them. We are hormonal, evolving teenagers who undergo a lot of changes; we need at least 8 hours of sleep to normally function and given that most of us can't even face the bed until way after midnight, we need to change our school hours!

For most teenagers, it's practically impossible to go to bed before 11 p.m.; whether you're an early bird or a night

owl, it's been proven that most teenagers thrive during the nighttime - when their thoughts are flowing and their creativity and energy is at its best. This is partially due to the fact that Melatonin, a hormone, is secreted in our bodies later around the evening. Melatonin enters our bodies around 11 p.m. and can remain there until around 8 p.m.

Considering these facts and the fact that no one likes to be subjected to early morning drowsiness, we say that school should start around 9 or 10 a.m. This additional one or two hours can actually go a long way. This time change will allow us to get sufficient rest and actually improve our performance at school.

To prove our point even further, there have been various research and studies that have explained why teenagers fall asleep so late. Brown University School of Medicine has done research concerning sleep patterns and chronology and have shown that teenagers experience a shift in their sleep-wake cycle and therefore find it hard to go to bed at a reasonable time.

Despite the fact that changing school hours will be quite an adjustment, it's definitely for everyone's best interest. Teachers will no longer be faced with sleep-deprived, incoherent zombies and will be teaching to a well-rested, alert set of students. Staff and Administration also can stop complaining about students' bad attitudes since students won't be as groggy and irritable.

We say we change our schedule and rid ourselves from morning drowsiness!

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