



# THE CAMPEDE

FIRST ISSUE

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## Children Taking Cholesterol Pills

by Devin McHugh,  
News Editor

Our society is growing with kids who are overweight. That's why doctors have decided to give kids eight and older cholesterol pills. These doctors believe it will decrease the risk of getting heart diseases and help kids who are overweight not have low cholesterol.

Lots of people have their own solutions like twelve year old, Christian Andre. He said, "Stay off junk food and exercise." Some of the best things to eat

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## Lights, Camera, Action: Superhero Movies

by India Deahl, Campede Staff Writer

Why superhero movies? Have you noticed that this summer is full of superhero movies?

We have, Kung Fu Panda, Hancock, Iron Man, Batman: The Dark Knight, Superhero Movie, The Incredible Hulk, Meet Dave, etc. Wow, that's a lot of superhero movies! Don't you think?

Devin Swiner, age14, said "I'm kind of curious about why a lot of superhero movies are ein' this summer." I'm kind of curi-

ous to, Devin. Another person, Devin McHugh, age12, said "I believe there are way too many superhero movies.

How about the ole' Marvel Comic Books? I mean, don't they still exist? "I think, personally, that the 2008 superhero movies are great, but the comic book is way better." said Selina Donahue, age 13.

However, Megan Ginder, age 12, said "I believe that there are a lot of superhero movies be-

cause movie studios are trying to get adults to bring there children to see the movie too, so the movie studios can make more money." However, Jeremy Kerr, age 9, and Andre Johnson, age 11, begged to differ when they stated "We believe that the superhero movies have too much cursing and they need to bring it down a little bit." Also, all of the superhero movies that came out this summer really are rated PG-13 and/or above, except

Kung Fu Panda.

So are the movie studios really trying to grasp the attention of the family customers, including adults and children? Maybe or maybe not! However, I am still wondering why most of the superhero movies came out this particular summer. Well, what ever the reason is, the movie studios are definitely making a lot of money and people are enjoying the movies too.

I believe that the 2008 super-  
**Continued on page 2**



Official posters from Hulk, The Dark Knight, Hancock, and Iron Man.



## Salmonella: Myth or Killer?

by Carolyn Conte and Asya Giles, Campede Staff Writers

Tomatoes have come to kill you! No, they haven't, but they can, because Salmonella is in them, and it is not a myth!

Salmonella is a bacterium that causes most common intestine infections in the U.S. It is frequently in tomatoes, jalapenos,

and meat and it is carried by chickens, cows and reptiles. The reported incidents of Salmonella illnesses are about fourteen cases per 100,000 persons; one-third of those Salmonella cases are kids four years or younger, because children are an especial-

ly easy target to Salmonella.

Symptoms include nausea, vomiting, abdominal cramps, diarrhea, fevers, and headache. Salmonella is carried in animals, which carry it to water that gets to your kitchens and foods. Not everyone who ingests Salmonel-

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## Inside = Boring. Outside = Recess!

by Brandon Whitelow, Editor in Chief

What does recess do for you? This poll shows what kids ages 5-16 think of recess, how long it should be, do they like it, do they think recess can have more equipment, and should recess be apart of all schools.

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Official logo for the Beijing Summer Olympics 2008.

## America vs. The World Summer Olympics Preview

with Johnny Latimer, Sports Reporter

The world is set to meet in China, does America have a chance? American Olympians will be in China for the Olympic Games. The question is will they stand a chance. First of all, they are at a disadvantage because they are away from home. Secondly, the outdoor events will be brutal because Beijing is one of the most polluted cities in the world. The air in china

contains tons of smoke pollution and that will be play a big role in whether or not America does well.

I think it won't be too much of a factor so I asked some local soccer players. Eleven year old Christian told me "America will win the majority of the events" and let me tell you, he wasn't the only one. The majority of the players said that they were

concerned for our athlete's safety. Thirteen year old Addison said "I feel uneasy because one of the athletes could get sick or even poisoned in Beijing.

But, we still have those who are unsure of America's chances. When I asked who would take home the majority of the gold they said Germany was our biggest threat. Also, eleven year old LeAnne was concerned of advancements in drugging athletes. The Olympics will begin on August 8th 2008. We will find out if we have the most dominant athletes in the world.



# VIOLENT VIDEO GAMES

## Is Your Child Next?

by Selina Donahue, Feature Writer

Not many kids look at the rating on the back of their video game boxes. Neither do their parents.

Often I see kids walking around on beautiful days playing their PSP's (Play Station Portable), Gameboys, and Nintendo DS's. No doubt, there are probably more violent video games than non-violent games in their electronics.

As you may already know, a new popular video game just came out. You may have heard of it. It's called Grand Theft Auto 4. And it's violent. So violent that it's rated M for Mature. But now, people don't even blink if they happen to see it. They'll just buy it for their 6 year old niece anyway. Or they'll buy one for their 9 year old son. Or even buy it for their 3 year old cousin.

On July 7th, I went outside to play with my some of my friends. One of those friends was 8 years old and holding a PSP. Guess what game was in that PSP. It was Grand Theft Auto. I had asked who had bought him that game. His father had. Sound familiar?

I decided to ask my friend with the PSP a few questions. First, I asked him why he played violent video games. Surely, I thought, doesn't he dislike at least a little bit of the violence in these games. His

reply was that he thought that the different characters were funny and cool. And that there were a lot of fun parts.

I asked him what he thought the fun parts were. He said that jacking cars and talking to people were the fun parts. The talking to people part didn't seem that bad, but in my opinion it relied mostly on what those people said. Concerned by this, I asked him if the people in his games were his role models. His answer was yes, but not for the reasons you would think. He said that they were his role models because they were funny, not because of the violent things they did.

He said that he didn't think that the games were affecting him. Of course, I thought other wise. An Op-Ed Writer for the Campede took a poll asking: Do you think M for Mature rated video games should cost more, less, or equal to E rated games? Maybe if the mature rated games cost more it would be bought less for kids. There were seven votes for more cost, one vote for less cost, and ten votes for equal cost.

So here's a thought. To protect your child from being exposed to things that are not in their age group, read the rating.

## Why Go to Summer School?

by Devin Swiner, Op-Ed Editor

Is summer school the way to go? Most parents say summer school is a way to meet people and refresh your memory on the things you learned over the year. On the other hand, some kids say it's a waste of time, while others say it's more of an enrichment type program. So the question is does summer school really help?

Caesar Rodriguez, 7, said, "Summer school can help improve your grades." Other soccer camp participants, such as Alexis Galloway, said that summer school can help better your writing skills. Campers like Andre Johnson and Robbie Seiler felt as though summer school was a waste of a vacation and they wouldn't want to go. When asked what they would change about summer school, LeAnne Martin, 12, answered, "NO SCIENCE," as did some of the other campers.

Personally, I think summer school is great to retouch on the subjects you may

be struggling in-which most said was science, while others said was writing. I feel a major problem is that kids aren't being put in the proper classes, so they aren't improving where they need to be. India Deahl, 13, suggested, "I think the school should pick the summer school classes for the child because they know where the child is struggling." So parents, next summer ask your child's teacher where they are struggling most and see if that helps them in their problem subject(s).

In my opinion, summer school is one of the best places to interact with other kids. It's a place where you shouldn't be embarrassed to go because the other kids there are there for the same reasons you are. Summer school programs are meant to be fun but informative. So kids, don't fight with your parents about going to summer school next year because to me, it's the way to go.

## Superhero Movies (continued)

hero movies rock," stated Dariya Brown, age 13. Phillip McLaughlin said, "I believe that the 2008 superhero movies are really cool too. It's a great thing to go see during the summer." Well, everyone if you are going to go see a movie, just don't go to any movie, how about a superhero movie!

## Recess (continued)

Many people voted yes to this poll due to their ages but I think you may be surprised how this turns out!

1.) Do you think recess should be apart of all schools?

Only one person said no because they think as you go on it should be about the work, but others said that it's always good to get a break.

2.) How long should recess be?

Many of the people interviewed thought 30 minutes was enough. Alexys age 11 said "You get to go out of class and you only need thirty minutes to relax and unwind".

3.) Do you think recess could have more equipment?

Many kids don't get to play with all of the balls and get to go on the jungle gym so that is why everyone said yes for this question.

4.) Do you really like recess?

Addison age 13 say's "Running around and playing is so much fun at recess" and Roman age 9 says "You get exercise and its fun playing with friends."



Editor in Chief Brandon Whitelow interviews a young fellow at the BMHS soccer camp. Photo by Elizabeth Jolly.

## Can Our Nation Take Any More of This?

by Phillip McLaughlin, Opinion Writer

Long ago in a not-so-far kingdom named America, an evil ruler named Bush terrorized the people of Iraq. (Sigh) if only this was a fairy tale. Unfortunately all this is way too real. I have watched the military channel for some time now, so I've seen what our soldiers go through.

How long is this so called war going to last? We have been after this goal of protecting the people of the Middle East from terrorists for five years when all we have done so far is made ourselves look bad.

Now here's a topic that I know you all can relate to: money. After all, these occupations cost money. There's food, water, ammunition, plane fuel, equipment, medical expenses, clothes/protective wear, and reconstruction of damaged property. President Bush is sinking millions of dollars into a fight with no

connections to us. This money is wasted on fighting when we can use it for things more worthy than this. We can use that money to fix the financial problems we have. We would have more money for gas, medical research, advancements in technology, and especially restoring New Orleans to what it used to be.

Another issue I'd like to address is national security. We have spent so much time training soldiers in Iraq that we've left ourselves vulnerable to attack. As much as we were beaten up by surprise attacks in the past, what makes America so sure it can withstand another without grave consequences?

After a time it became obvious that this war is beyond our jurisdiction. Acting as Iraq's crowd control will not make them stop or strengthen our relations with them. We need to stay out of their business.

## Lil' Wayne's Cash Flow

by Destiny Parker, Feature Editor

Do people find Lil Wayne a successful rapper?

A Journalism Camp survey showed that Lil' Wayne is struggling as far as public opinions, but still selling his way to the top. Productively selling ONE MILLION copies in just one week! When asked how he felt about Lil' Wayne's record sales, John Leimbach '09 said "It's amazing." Bishop McNamara employee, Antonio Terrell said "Cash Money bought most of Lil' Wayne's records anyway." To this, John replied "Does it really matter? He still broke a record."

Some people disagree. Thirteen year old Adeisor Hayden states that "It's stu-

pid, he's a bad rapper." Another student when questioned stated "that it's kind of okay because every rapper deserves a chance at fame." While Lil' Wayne may not be the best role model for young children, some say that he does deserve to get some type of credit for finally stepping up his game.

In a survey conducted at Journalism Camp, the estimated percentage for the favorite rapper category was a thirty percent tie between Kanye West and Lil' Wayne. The majority of the votes went to the option "neither", proving that not everyone is interested in Lil' Wayne and his cash flow. Are you?

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# Do Mood Rings Really Work?

by Dariya Brown, Campede Staff Writer

Mood rings: myths or more? Many children believe that mood rings are myths, some children believe otherwise. For some kids mood rings have lost their “coolness” for others the magic in them still exist. What are mood rings? Mood rings are rings that change colors with your emotions and work by your body temperature.

Mood rings were invented in the late 1960’s and became popular in the 1970’s. There are still arguments between the person who invented the mood ring. People say that it was either Marvin Wernick or Joshua Reynolds.

Are mood rings really the way to go? “I believe that mood rings do work actually,” said Alexis Galloway, age 12. India Deahl, age 13 says, “Moods rings really don’t work and their waste of time and money.” Mood rings have been changing in many ways for kids. Kids today believe that mood rings work from the personally experience or from a friend.

Mood rings are known for being wrong, that makes kids less likely to buy them. Devin Swiner, age 14 says, “From personal experience I think that mood rings don’t work and they turn your finger green.” For most kids today mood rings are things of the past. Kids say

that mood rings change your finger green or stay the same color. Most children today believe mood rings are overrated.

Some kids think that mood rings are cheap, inaccurate and a waste of time. Are mood rings cool or lame? Stephen Czecha, age 14 states, “Mood rings are pretty cool, actually.” Children that think mood rings work are said to have a large imagination. Jailynn Cotton, age 11 claims, that people who believe in mood rings have too much time. So, do you think that mood rings are really the way to go?

## Got Obsession?

by Cydney Hamilton and Gabrielle Taylor, Campede Staff Writers

Obsession is like a drug, it’s very addicting. Yet some people don’t mind it. So does that make celebrity obsession a good thing or a bad thing?

A poll was taken to see what people thought about it. 68% percent of teens said that celebrity obsession effects people in both a good and a bad way. If the person is obsessed with a positive goal, then they will be inspired to do great things. If the person is obsessed with a negative role model, then they might be influenced to do bad things.

Some participants of Bishop McNamara soccer camp said that they agree with the students who think celebrity obsessions effects people in both a good and bad way. “Yes, I agree because it may be a motive to people but others may become overly obsessive,” Julia Czecha told me. Czecha also told me that she has never been obsessed with a celebrity. She felt that if you are not too obsessed, it’s okay to like a celebrity that sends a good message. Another kid Marco Rodriguez said, “Some people just like celebrities, but others go overboard. I’m obsessed with Miley Cyrus. In some

cases, it is okay to obsess over celebrities carrying positive messages.” One of my classmates, Devin McHugh said, “Celebrities effect people in both good and bad ways because you can meet people who also like that person, but it’s bad because they could become too obsessed to the point of stalking.” McHugh also told me that she has been obsessed with Nick Jonas. When asked about positive celebrities, Devin said, “It’s okay to obsess over positive role models because they are an inspiration to many people.”

A way to notice if you are obsessed with a celebrity is if you have pictures or posters of them all over your walls, you scream or jump out of your seat when you see them on television or in a magazine, and you know the latest news about them before anyone else does. Celebrity obsession can definitely be prevented, but it could take a lot of work, it depends on how bad your obsession is. Try to stop talking about them as much as you do. Then take most of their pictures off your wall: yes, I know you have some! When you see them on television or in a magazine, don’t jump up and scream like you always do. Maybe you should change the channel or flip the page and not pay attention to them as much. Follow these steps and your obsession will soon be decreased. GOOD LUCK!!!!!!!

## Unique is the New Pretty

by Jerica Deck, Campede Staff Writer

She’s skinny, she’s tall, and she has fabulous designer clothes. When you see models like this are you pressured to look or at least dress like a model?

The answer is controversial because everyone has their own style, from high fashion to comfy to trendy to unique. However high fashion is not always fashionable, or is it? The people of tomorrow, teenagers, and kids definitely know style but, is it the magazines, celebrities, and models who educate them in the ways of fashion? Fashion magazines definitely make people buy their clothes because they want to be just like beautiful fashion models and actresses they see all over television. Maybe, if people didn’t give in to celebrities’ style, then advertisements wouldn’t spread the message that certain clothes or styles make you pretty. However what is “pretty” anymore seems defined by people that want your money, like designers, models, and celebrities.

To really know about fashion and any of its affects you have to do your research. In the sixties they wore tie-dye, in the seventies they wore bell bottoms and had afros, in the eighties they wore wild neon colors, but what about now? A survey taken revealed 80% of the preteens and students would prefer laid back and unique clothes over trendy clothes.

So maybe style hasn’t definitely been defined, everyone has a different style, but what is your style? “Hot” replies tween Jailynn Cotton automatically jumping at the question. “Comfortable: I hate dressing up, but I don’t just buy any clothes” answers high school senior Melissa August, while playing with the button of her comfy looking relaxed grey vest. “Kind of like 80’s but still chic” says Christine Stubbs, followed by laughing and joking around with her friends.

People have different styles, so you would think the advertisement that wants to make you feel and dress like them would be losing right? According to dove.ca that is wrong because only 2% of women globally consider themselves beautiful and body image dissatisfaction has been consistently found in girls as young as nine years old.

However now people are fighting to say their style is beautiful, you don’t need to be skinny, tall, or have designer clothes.

When asked about designer clothes, Melissa says “It’s not all ugly, but there is no reason to spend that much money on clothes.”

Christine Stubbs ‘11 explains models are trying to make a new version of pretty saying “because they’re like you have to be pretty and tall and all that... and it’s really not like that.”

Alex Vinci ‘11 said “Because of how skinny they are... they look sick”

However do celebrities really influence  
**continued on 4**



Clothing design student and BMHS alumna Gabrielle Jolly ‘06 works on original creations. Photo by Elizabeth Jolly.



## Meditation with

**Megan** by Megan Ginder, Columnist

Tick Tock Tick Tock. I watched as the time passed. Minute after minute, hour after hour, day after day I watched the week pass and when I watched it pass I helped work on this very newspaper you’re holding in your hand and I reviewed two poems concerning problems at home.

The first poem I reviewed is called Tear Drops by Catherine M’ericier. When I read her poem I knew that it was hard for her to overcome the abuse and she was very glad when she did. She mentioned in her poetry that when she first told someone about the abuse she only felt safe telling her best friend. She also said that she could never heal from the abuse and that she still remembers every moment of tears and pain. She is now all grown up and never fully healed.

The second poem I read was called Painful Tears by Heather A. Richardson. When I began reading her poem, I thought about it real deep. I could understand by her writing that she had very strong feelings about her mom’s divorce and was heart broken because this was the third divorce her mother had. I could tell that before the divorce, she was real close with her step father and trusted him as a friend.

The divorce also affected her because of the way she could feel her mothers pain inside, which hurt her so deeply that she couldn’t hold in her painful tears. This poem really made me sad and I feel sorry for Heather because of what she had to go through. I wish I understood her but I don’t. My parents are divorced but not in such an affecting way. My parents divorced when I was a baby so it’s not a big deal for me, but it seems like her divorces are when she was old enough to notice the difference.

With rhyme and rhythm on my side, I wrote my own poem on the topic of problems at home, called Life:

### Life

By Megan Ginder

Different problems  
Surround different lives  
In schools and homes  
With husbands and wives

Some have divorce  
Some move away  
But soon they’ll find  
It’s all ok

It’s hard to live  
When people change  
With different problems  
When lives rearrange

But God has a plan  
For everyone  
Including you  
Wait I’m not done

Later on  
You’ll figure out  
What God’s plan  
Is all about!



## Relationships with Emily Carlson, Campede Staff Writer

### Dear Ms. Peaches,

I have this friend who is really annoying. She follows me around everywhere. Sometimes I just want to hang with my other friends, but she just doesn't seem to get that. I always feel suffocated. She is a good friend and I don't want to hurt her feelings. I need some space. Please, help me figure out what to do!!!!

Love,

Annoyed with my friend

### Dear Annoyed with my friend,

How annoyed do you get with your friends? Everybody gets irritated with their friends, even me, but do you take that irritation to the next level? My friends and I got really aggravated by one of our other friends and we went about the problem all wrong. We told her that she was aggravating us and she ended up crying and now she won't talk to us the same way she used to. We should have let her down a little gentler or we should have found the better parts of her than the parts that annoyed us.

Some of the kids at the soccer camp, at Bishop McNamara, told me how their friends sometimes annoy them. Christian Andre' told me, "Some of my friends have anger management problems, so it makes it hard for me to be friends with them. Another one of my friends whines a lot, and that's really irritating." Another boy, Addison Hayden,

told me that one friend only comes to his house to play with his dogs and that makes him really mad. "I have friends that talk behind my back," Julia Czecha told me. For girls that is one of the main problems with friends. Girls love to gossip, and they will gossip about anyone and it doesn't matter if it's their friend or not. I have friends that talk behind my back, and I talked about some of my friends about them, too.

Surprisingly there was one kid whose friends don't ever get on his nerves. "I like to play with my friends, they don't really bother me," young Jeremy Kerr said. Now that's a true friend! Also you have to think about how much you love this friend, do you want to hurt them? Some of my friends are really irresponsible and never invite me places, but I think about it and realize that is what I have been doing to my other friend. You only get one life, and in that lifetime you will get millions of friends and you will lose millions of friends, so make the best of the friends you have now and treat them the way you want to be treated. If your friend annoys you don't be rude, but let them know gently that something is bothering you; and if you have the feeling your annoying one of your friends, ask them if you are and don't take it harshly if they tell you something you don't want to hear.

Love,

Ms. Peaches

## Unique Fashion (continued)

your style? A little, but most people have found celebrities they like with similar styles.

Melissa who had a more comfy style said she liked the tom-boy Ellen Page's clothes, someone who isn't afraid to wear pants to an awards show.

Christine the girl with a wild and crazy style said they liked Rihanna. Rihanna wears neon colors and isn't afraid to take a fashion risk once and a while, but is still glamorous.

All in all people are starting a resolution fighting for their originality. They don't want to dress like a high fashion celebrities; they just want to dress like themselves.

## Cholesterol (continued)

are oatmeal, different types of nuts, and fish. If you are overweight, you should lose it and everyone should exercise. You should also avoid gaining weight.

People should not be giving eight year olds pills, they're too young. There are also some side effects that they may suffer from, such as headaches, feeling or being sick, abdominal pain, and more. Doctors

want you to take the cholesterol pill twice a day, everyday. Seven year old, Caesar Rodriguez said, "If you take too much it's bad for you and you should take it three times a week." Eleven year old, Cydney Hamilton thinks "You don't know what's in them that can hurt the child." If you decide to give your kid cholesterol pills you should follow all the guidelines.

## Salmonella (continued)

la bacteria will become ill, however, that doesn't make it okay to eat raw foods. You can prevent your children and yourself from getting Salmonella by washing your hands, not keeping reptiles as pets, not serving raw meat or eggs, never leaving food at room temperature for more than two hours, and by checking expiration dates. You should cook all meats on at least 145 degrees Fahrenheit.

Many stores have stopped selling tomatoes because if someone got sick they could sue that store. In fact, tomato producers have lost \$100,000,000 so far. Investigators are now examining salsa, cilantro, tomatillos, and several types of peppers.

Other people's thoughts of Salmonella can be totally different than the truth. Student Antonio Terrell '09 knew that "It comes from meats not being cleaned properly." However, at least seventeen people that we interviewed didn't even know what Salmonella was. We didn't find anyone that had had it, or knew someone else who had. One person said "If I had it I would go to the hospital." If you do have it, you should seek a professional, and do what he recommends. He will most likely tell you to take antibiotics, rest in bed even after the symptoms go away, drink plenty of fluids, eat healthy, and wash your hands every time you can.

Salmonella has affected some people's lives, for example, John Leimbach said he "Can't get tomatoes on his subs." Luckily, some people like Joffrey Cotten never even liked tomatoes, so their lives haven't changed much at all. People also often think Salmonella is a food poisoning, but it is only spread through food that's not cooked properly. We, the reporters, didn't even know this, or much of the other stuff before reporting on it, and we hope we have taught and clued you in more about the famous Salmonella.

The authors included information from the following sources in the reporting of this story: About-salmonella.com, Kidshealth.org, Yourtotalhealth.iVillage, The LA Times, the FDA, and Healthsquare.com.

RIGHT: News Editor Devin McHugh interviews fellow staff member Ronald Jones. Photo by Chris Gessner.

BELOW RIGHT: Tennis superstar siblings Venus nad Serena Williams.



## Sibling Rivalry: In the End, One Happy One Sad

by Steven Holloman, Campede Sports Editor

About 50% of kids feel happy after beating their siblings in a competitive game because that gives them more confidence. I see lots of older siblings beating their younger siblings and enjoying the winnings. As younger siblings get older they gain more experience and they get better as they increase the advantage against their older siblings. Sometimes it's hard for older sibling or younger siblings to handle a loss because they don't want their younger or older siblings to be mad or angry. Venus and Serena Williams are rivals and sometimes it's hard for them to handle a loss. Either they will have tears in their eyes or they'll just get over it and just move on.

After interview eight people from soccer

camp the results are:

Q1. How would you feel about losing to your sister or brother? A1. Okay 50% Upset 50%. Q2. How would you feel about winning to your sister or brother? A2. Okay 62.5% Upset 37.5%. Caesar Rodriguez said and I quote I would feel good but humble. Q3. If you won would that give you confidence? A3. Yes 87.5% No 12.5%. Q4. If you loss would that give you less confidence? A4. Yes 12.5% No 87.5%.



## Drink Up! What's Your Sports Drink?

by Destiny Reynolds, Campede Staff Writer



Gatorade, Powerade, Propel, all of those sports drinks are good.

But what's your favorite? Sixty-eight percent voted for Gatorade as their favorite sports drink. "My mom makes me drink Gatorade often, but she also makes

me drink water," said Caesar Rodriguez, age 7, a soccer player at Bishop McNamara's soccer camp. A lot of people like sports drinks. Some of them claim they have more vitamins, carbohydrates, and electrolytes than water and other sports drinks. Others hide the shame of having large amounts sugar that just get people hyped up through the day. But what's in sports drinks that make it better than water?

Most sports drinks contain sugars, potassium, flavor,

sodium, fluid osmolality, vitamins, carbohydrates, and electrolytes. These nutrients replace bodily fluids, like water. For people who just drink it to drink it, it's not necessarily good for you. Most sports drinks are for athletes, or for very active people. "I don't really drink sports drinks that much" said Megan Clark, age 14, also from soccer camp.

Gatorade has made a new sports drink called G2. It has half the calories of the average sports drink, and less sugar. They come in fruity flavors that taste great.