



Bill Cosby goes hip hop with album to be released in May, 5C

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The Brunswick News

AT PLAY

Athlete injuries are on the rise

By **VEN GRIVA**
Copley News Service

Nationwide, doctors in pediatric sports medicine are increasingly crying foul about what they see as an out-of-control culture of youth sports.

In March, the National Athletic Trainer's Association and the American Academy of Orthopaedic Surgeons kicked off a campaign to educate parents and coaches about an explosion of serious orthopedic injuries in children and adolescents.

"They are overuse injuries, pure and simple," said Dr. James Andrews, a nationally recognized sports orthopedic surgeon. "You get a kid on the operating table and you say to yourself, 'It's impossible for 13-year-old to have this kind of wear and tear.' We've got an epidemic going on."

According to the Consumer Product Safety Commission, medical professionals reported treating more than 3.5 million sports-related injuries in U.S. children and adolescents in 2003, the latest year for which complete statistics are available.

Many medical professionals say rise in sports injuries over the past 20 years coincides with a similar rise in the number of young athletes participating in travel and club sports. The same experts point out that the bodies of many young athletes lack the maturity to stand up to the stress being put on them.

Also, many young athletes today are playing the same sport constantly. It is not uncommon for athletes as young as 12 to participate four or five days a week, year-round, for a club soccer, volleyball, baseball, basketball, softball or swim team.

The pressure is intense.

To avoid injury that could negatively affect an athlete for a lifetime, the National Athletic Trainer's Association and the American Academy of Orthopaedic Surgeons make the following suggestion:

- A three-month off-season to give their bodies a chance to recover.
- Play for only one team at a time.
- Warm up properly before taking part in any activity.
- Play only with athletes the same age and skill level (no "playing up").
- Listen to your body. If there is pain, see a doctor and take time off until the injury has healed.
- Avoid playing in pain.
- Hold practice and games with adequate days off in between for rest and recovery.
- Demand sports leagues and clubs require that their coaches teach safe and proper techniques.
- Require all athletes to pass a pre-season physical examination by a medical professional to ensure they are fit to play.

Guys! To avoid this on prom night...



...why not try this?

By **JULIE HUBBARD**
The Macon Telegraph

Strolling up to a girl and asking her to the prom is so '90s.

For some teens, invitations these days are "like an engagement proposal," said Catherine Berry, a senior at Macon's First Presbyterian Day School and editor of the school newspaper. "It has become a fad for guys to ask their dates in cute or creative ways."

Georgia teens and their teachers say this trend comes from watching reality television shows such as MTV's "Two a Days" or "Laguna Beach." The shows feature affluent high school teens who, during prom season, plan elaborate schemes — using lighted candles, banners and more — to ask their dates to the prom.

Now, the fad has now caught on in Georgia.

In February, FPD senior Laura Howard was in chemistry class when her teacher handed her a quiz.

"There was a note on it that said 'go to the greenhouse,'" Howard said. "My date was standing there with yellow roses and said, 'Will you go to prom?'"

Another senior, Drew Wood, made a poster that read "Prom?" and hung it outside his girlfriend's home for her to see as she drove up to the house.

Last year, Central High School student Morgen Montgomery spelled out the words "Prom?" with Oreo cookies, using icing to stick them on a plate. She hid the edible message in the trunk of her car, invited her boyfriend to Ocmulgee National Monument for a picnic and asked him to get out the basket to surprise him.

"Not many people go up and say 'go to prom with me,'" said Joseph Hanson, a junior at Mount de Sales Academy. "You've got to do something extra. Prom is what

PROM DATES

- Brantley County, Friday
- McIntosh County, Saturday
- Frederica Academy, Saturday
- Wayne County, April 26
- Camden County, May 3
- Glynn Academy, May 10

everybody looks forward to, and (being creative) makes it that much more special."

Hanson rented a digital billboard on Riverside Drive for one day that read, "Kaly, Prom?" and drove her by it one day in February. He wouldn't say how much the gesture cost.

Another Mount de Sales junior, Taylor Knott, helped a friend set up a romantic prom proposal.

She put 144 water bottles at the bottom of the Great Temple Mound at Ocmulgee National Monument. Her friend took his would-be date for a jog that ended on top of the mound. Peering over the edge, they could see the water bottles lined up to spell "Prom."

Westside High senior Isuru Vidanage had his date come to the pizza place where he works to try a new pizza.

"I made her a thin-crust, heart-shaped pizza with 'Prom?' on it in pepperonis," he said. "She said yeah."

Matthew DuBose, another FPD senior, stashed a red rose with a poem attached in his date's locker at school.

The poem read, "Roses are red. Violets are blue. I want to go to prom with you." It won over his date — but not his guy friends.

"The more creative you are, the more you get made fun of," he said.

TXT CODY | 258-1137

Thanks, sis, for setting me straight

By **CODY TRAWICK**
The Brunswick News



Hope all's well with everyone this week. I'm very pleased to say that the cell phone photo feature of "Txt Cody" is up and running again, and I would like to thank my sister, Caroline, for enlightening me on a certain technical aspect regarding said features. She pointed out to me that if I simply add my

e-mail address as a contact in my phone, I can

send pictures, videos and audio clips directly to my e-mail address.

Pop the pics into the photo server, and *voila*.

So we've got that rocking again once more; keep hitting me up and we'll keep it rolling. Props to the sis for that one.



Can't see the moon, but here are fireworks i'm watching :-)
— **Carly A.**, received 9:32 p.m.



A part of my journey home. 1 hr to go.
— **Danielle**, received 7:29 p.m., April 10



— **From Chuck Norris**, received 1:32 p.m., April 10

DOWNLOAD THIS | CHRIS BRENNAMAN

Hulu.com offers Web TV for free



Even at this stage in the game, the entertainment industry is still trying to figure out the best way to make money off the Internet.

It hasn't been an easy thing for studios to do, as at its core, the Internet was designed as the ultimate device of free flowing information, copy-righted or not. Enter Hulu.com.

Hulu.com is essentially an online TV station at which all of your favorite TV shows are readily available for you to watch, often times just fresh from airing on the major networks.

The TV shows are paid for with traditional advertising. So far, the content is great. New episodes of "30 Rock," "SNL," "Battlestar Galactica," "Family Guy" and others. If you want something older, watch old episodes of "The Mary Tyler Moore Show," "Dragnet" or "Alfred

Hitchcock Presents."

There are also movies available, so have a good time sorting through all of it. Time will tell if Hulu.com will catch on.

So go ahead. Have fun planning your own TV schedule. What else do we have this week ...

"Juno" — So I'm cheating a little bit with this one, but this movie deserves all the plugs it can get. "Juno" is released on DVD this week, and if you haven't already seen it, for shame! Me, I already have two hours set aside to watch this

again (and most likely again and again). Since we're talking movies ...

"There Will Be Blood" — Watched this just-released DVD a few days ago and all I can say is wow. It's rare that a film stays with you days after you've seen it, but I just can't get this tale of a driven early 20th century oilman out of my head. Or the "I drink your milkshake" speech.

That's all we have for this week. Until next time, keep the e-mails coming to downloadthis@excite.com.



Ellen Page, left, and Michael Cera star in "Juno," about a young woman faced with an unplanned pregnancy. One of the last year's most acclaimed films, it's now out on DVD.