

We built this city on rock n' roll

With concerts in a variety of genres, locations and prices, summer in the Chicagoland area appeals to music lovers of many interests. Take this quiz to find the show that fit your taste in music.

Pop/rock
For pop/rock fans, the July 18 John Mayer concert featuring Colbie Caillat and Brett Dennen in Tinley Park offers a mellow mix of rock, pop, blues, folk and soul. Tickets range from \$24-54 and are available through Ticket Master.

Country
For country fans, the Taylor Swift and Rascal Flatts Aug. 9 performance at Tinley Park will be the highlight of the summer. Tickets are still available at Ticket Master and lawn seats are still open and more reasonably priced.

Punk rock
For punk, rock and alternative fans, the 2008 Vans Warped Tour is an all-in-one music event for one low price. The festival features well-known and up-and-coming bands and takes place on Aug. 2 at the First Midwest Bank Amphitheatre in Tinley Park. Bands include Relient K, Gym Class Heroes, Cobra Starship, The Academy Is..., All Time Low and many more. Tickets are available through Ticket Master for \$27.25.

Indie rock
For indie fans, Lollapalooza brings together many different alternative artists and bands with a variety of different styles of music. Radiohead, Nine Inch Nails and Kanye West are the headliners for this year's festival. Tickets are available through Ticket Master for \$190 for a three-day pass (Aug. 1-3).

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Pencil in time for *The Paper*



Colleen Veit

Do you know what the shading in the box behind this column is called? We newspaper editors call it grayscale—it's the exact hue of gray that every shaded box has to be.

Typically, I'd guess only the *Logue* editors would know this. But with the advent of MTV's newest reality creation, *The Paper*, any viewer can learn the tricks of the high school journalism trade without sacrificing the channel's trademark backstabbing and romantic entanglements.

The Paper airs Mondays at 9:30 p.m. on MTV, and reruns at various times throughout the week. It joins a group of reality programs like *The Hills*, *My Super Sweet 16*, and *Newport Harbor*, but it differs from these shows because its premise is supposed to center around intellect, not image.

The Paper follows a handful of newspaper editors, much like my fellow Loguers, who put out a monthly issue of *The Circuit* at the gigantic Cypress Bay High School in California and talk behind each others' backs all the while.

The episodes do focus on real newspaper-related crises, such as not having enough space on a page for all the articles or forgetting how to upload PDFs, but most of the show is centered around the conflict between Amanda, the controversial editor-in-chief, and her rebellious staff. An exclusive group of editors who hang out outside the newspaper are jealous of her position and reject her because she dresses flamboyantly and has a somewhat eclectic sense of humor.

But Amanda seems to be one of the only genuine characters. The other stars are just a motley *Mean Girls*-esque crew of catty conformers. That analysis may seem harsh, but how else can I describe seniors so immature that they plotted to overthrow Amanda as editor-in-chief? The instigators of this scheme are Gianna and

Trevor—one of those nauseating couples who do everything together, including, apparently, driving away Amanda's old friends.

The worst of the bunch is Alex. He reminds me of so many of my peers who change their image and then feel the need to change their friends. When he starts hanging out with Gianna, Trevor and fellow editors Adam and Dan—all of whom "hate" Amanda—he ditches his old friend and even tries to sabotage her so that he can take her place as editor-in-chief.

Amanda is not without her faults: she cares more about everyone getting along on the paper than the newspaper issues themselves, and she gladly gives the prized front-page editing job to Alex. But her mistake is the lesser of two evils.

If the cattiness of the *Circuit* editors has tainted your opinion of the *Logue* editors, realize that MTV provides a skewed image of the high school newspaper world. Not all papers are shrouded in drama! We *Logue* editors, disregarding the occasional spat, are friends. We take pride in our work and responsibilities, but we never fail to have fun.

In my opinion, we're more dedicated to our newspaper than the cast of *The Paper* is to *The Circuit*—while they have newspaper class, we put in all of our work after school; they finished at 7 p.m. on deadline night, but we typically finish early the next morning.

The Paper provides insight to the editing process, but its main accomplishment is proving that high school students can be convinced to conform to any standards, just as long as popularity is promised.

Tanning remains popular despite many health risks

Arianna Garcia
Staff Writer

Whether it's achieved through tanning beds, tinted lotions or the good old-fashioned sun, the sun-kissed look is considered fashionable by many.

But tanning, in general, can have some harmful side effects on the body, according to school nurse John Reyes.

"Both the sun and tanning beds contain harmful UV rays which can cause melanomas or skin cancer," Reyes said.

Limited exposure to UV rays is what causes the skin to tan while overexposure causes the skin to burn.

"When you tan, you burn the top layer of the epidermis, which can't handle the UV light," Reyes explained.

Tanning beds contain a stronger form of these UV rays than the sun, which can cause more damage to the skin more quickly.

"It's such a concentrated form," Reyes said. "There are no clouds or ozone layer there to filter through the rays."

Senior Emily Cheong visits the tanning bed frequently during the winter months when she is unable to lay out in the sun.

"I generally go once a week. However, before a big event I tan a lot more—about three times a week," Cheong said.

But for this tanner, the end result of tanning outweighs the health risks.

"I think I'll get skin cancer," Cheong said. "It actually runs in my family."

Teens using tanning beds in the winter season are not that uncommon, according to Cheong.

"Almost every single one of my friends goes tanning. In fact, one of my friends goes every day," Cheong said.

Sophomore Sarah Gallo believes the side effects of tanning beds are too great to be ignored.

"It's like jumping into a boiling vat of

slow-acting cancer," Gallo said.

Although the sun can have similar health risks as going to tanning beds, it also contains some nutrients that are helpful to the body.

"The sun helps to synthesize vitamin D, which helps with bone synthesis," Reyes explained.

Reyes said that it is hard to determine whether the sun is safer than tanning beds.

"If you stay out in the sun for a long time with no sunscreen on, the sun will probably be more dangerous because the time you would spend in the beds is regulated," Reyes said. "However, tanning in the sun for 10 minutes is safer than tanning in the beds for 10 minutes."

There is no way to completely reverse the harmful effects that tanning can leave behind except to limit exposure.

Students looking for that sun-kissed look have a number of different products to help them achieve this goal.

Sophomore Kate Dowling uses an alternative way to get a bronze glow to her skin.

"I use a bunch of self-tanning lotions and gels because it's safer to use, and I don't want to get skin cancer," Dowling said.

Dowling believes the downfall to using self-tanners is the possibility of looking overly orange and unnatural.

"I've tried using different brands of lotions, and sometimes I did turn out looking extremely orange and discolored, but I have found that some can look very natural on the skin," Dowling said.

The reality is that a tanned body is often considered fashionable despite the many known health risks. Whether one decides to fake and bake, use tan in a can or sunbathe outdoors, it is clear that this is one trend that may not be fading anytime soon.