



Burger joint worth drive

While standing in the line of Pete's Burgers Place, a classic burger joint, it's hard to miss all the rustic metal signs on the walls and the five cent bubble gum and dollar chocolate bars on the counter by the cash register. In the main room there are these two fish shaped tables in the middle of the room facing each other almost like they're kissing one another.

At this local restaurant, there's the main room where you can see the workers hustling to get orders served from the sitting area, an outside sitting place where you can watch the cars drive by, and a larger room next door with more seating.

The first things I noticed when I walked into the main room of Pete's was the smiling man at the cash register, the country music playing mildly, and all the chocolate bars on the counter top.

I ordered the traditional hamburger

and fries, that was definitely worth my \$6.49. The hamburgers at Pete's are sizeable and when they ask "would you like all the veggies on there?" I do advise saying yes. These fries were the right kind of thickness and saltiness. Their chocolate shakes were so heavenly that I savored every sip of it.

At Pete's there are things for everyone. Don't want a burger? Get a hot dog. Don't a hot dog? Get a salad.

Pete's is a hole in the wall type of restaurant on Loop 494 between the streets E Hammond Dr. and E Martin Dr., if you aren't looking for it you could easily miss it. Keep your eyes opened for the sign on the side of the road saying "PETE'S BURGER PLACE" with a little guy with a pleased look on his face holding a burger with the words "DEE-LICIOUS" underneath him. I felt the same way as the guy on the sign after taking my first bite of a Pete's burger.



Carson Creech

KP
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PE requirement should be increased to four years

Whether it's a lap around the track, a game of dodgeball or a couple of sprints in the gym, physical education is a vital part of an adolescent's life. Unfortunately for most children and teens nowadays, the importance of physical education isn't stressed enough in their everyday lives. High schools

don't require them to commit to the necessary amount of exercise they need to remain healthy.

Based on a study made by the Center for Public Education, the average student spends between 900 and 1,000 hours a year in school. Most high schools however, only require

them to go through one year, or 83.25 hours of physical education to graduate, which leaves students with thousands of hours wasted without exercising. It would be more beneficial if high schools required students to take four years of physical education because it's good for one's physical health, it teaches good morals that will benefit kids in their everyday life, and it keeps kids involved in their school and its activities. A daily dose of exercise is good for a person's chole-



sterol, blood pressure and overall physical health. According to the Centers for Disease Control and Prevention childhood obesity has more than doubled in children and quadrupled in adolescents in the last 30 years. In 2012, more than one-third of children and adolescents were overweight or obese, the most of any country in the world. The normal blood pressure of a healthy person is 120/80 but for someone who is overweight, their blood pressure is generally higher, which is also referred to as hypertension. The Obesity Action Coalition said hypertension is initially connected to being overweight; and teenagers who do not exercise as much as they should are more vulnerable to hypertension than those who play sports and exercise regularly. By requiring students to get involved in physical education for all four years of their high school experience, these numbers could go down significantly.

There are many benefits to being involved in physical education and sports that will follow kids into their everyday life. Children involved in sports are taught good morals, such as having excellent sportsmanship and how to treat others. Being part of a team is a family-like environment that helps students overcome each other's differences. Kids get the opportunity to be part of a team in a class like P.E, which is why they should have to participate in it for all four years of their high school careers.

In addition, sports and physical education are good at keeping children involved in school. When students have physical activity in between classes it gives them a chance to relieve stress and take a break from the tedious schoolwork they receive daily. It is also a class period that doesn't require homework or assignments, which leaves them with more time to socialize or relax at home.

The average high school student is not enough time being active and exercising. If high schools required all students to take four years of physical education, instead of only one, then adolescents would be healthier, more involved in their school's programs, and able to learn good morals and sportsmanship.



BY ANDREA SOTO