

Semântica Web

Semântica Web

Porque é tão importante
no desenvolvimento web?

Observe o modelo de um jornal impresso ao lado...

Lansing State Journal
PART OF THE USA TODAY NETWORK

WEDNESDAY 10.25.17 THE POWER OF KNOWING SINCE 1855 WWW.LSJ.COM

TIME FOR CHANGE?

Doctors, researchers say teens should start school later, but most don't



By WOLCOFF
LANSING STATE JOURNAL

LANSING — The American Academy of Pediatrics recommends middle and high schools start no earlier than 8:30 a.m. due to chronic lack of sleep among adolescents.

None of the two dozen public high schools in the Lansing area start that late. Neither do most of the area's middle schools.

School administrators who spoke to the State Journal agreed current school start times don't reflect the research on the sleep habits of teens and the impact lack of sleep has.

"We have got to think more judiciously about high school start times," said Lansing Superintendent Yvonne Central Davis.

During the scheduling of regional programs and after-school activities are among the challenges administrators see to making changes to start times.

Failing to do so comes with potential consequences, according to Kimberly Fenn, a psychology professor at Michigan State University.

Impacts from lack of sleep range from problems staying attentive to trouble struggling with short- and long-term memory to

See TIME, Page A8.

When you're sleep deprived, you don't crave apples and carrots sticks, you crave pizza and cheeseburgers.

KIMBERLY FENN
A PSYCHOLOGY PROFESSOR
AT MICHIGAN STATE UNIVERSITY

HAILEY HANSEN
LANSING STATE JOURNAL

Shirley DeLoach Prescott opened Merit's Specialty Meats in Okemos six years ago after working for the now-defunct J&L Fresh Gourmet. Since her shop opened, five other competitors have crept up.

Each was a bit in the business, Prescott said.

"They've all got into us," she said. "We're holding our own, because we take care of our customers."

When Costco opens its doors later this week, Prescott said she's bracing for a similar effect.

Costco in East Lansing will be one of 15 Costco stores in Michigan, and its impact in the area will likely extend to other businesses and consumers, she said.

Whereas Walmart typically causes prices at competing grocery stores to drop, Costco has an opposite impact, said Charles Courtemanche, associate professor of economics in the Andrew Young School of Policy Studies at Georgia State University. Courtemanche co-authored a 2014 study on the company's impact on grocery prices.

"When a Costco moves in, its price advantage is even more pronounced than a Walmart Supercenter," he said. "Competing groceries say 'We can't compete on price.'

Grocers instead decide to bolster customer experience, amenities and convenience, Courtemanche said. Stores will start selling a larger variety of products or expand their deli and bakery sections, for example.

The price increase usually isn't small enough that most consumers don't notice, he said.

"We don't think the higher prices mean that consumers lose," he said.

Courtemanche's study was on larger grocery store chains. He said he doesn't know if any research that directly tests the impact of Costco on small, local stores.

Prescott said she doesn't have plans to make any big changes to Merit's to compete with Costco. Despite the increased competition from national chains, Prescott said the Bloks people still want to shop at a family-owned store.

"We like our platform, and we like

TODAY'S FORECAST INDEX

High: 49° Low: 34° Rain forecast: 40% Local/State: 3A, 5A, 6A USA TODAY Money: 3B Sports: 3C Life: 3D Horoscopes: 3E Comics: 5D

See FORECAST, Page A8.

See INDEX, Page A8.

Call us
1-800-234-1719

Hours
Monday - Friday: 8:00am - 7:00pm
Saturday: 7:00am - 11:00am
Sunday and Holidays: 7:00am - 11:00am

<https://www.facebook.com/lsjnews>
<https://twitter.com/lsjnews>
<https://www.instagram.com/lsjnews/>
<https://www.lansingstatejournal.com/>

Observe o modelo de um jornal impresso ao lado...

Lansing State Journal
PART OF THE USA TODAY NETWORK

WEDNESDAY 10.25.17 THE POWER OF KNOWING SINCE 1835 WWW.LSJ.COM

TIME FOR CHANGE?

Doctors, researchers say teens should start school later, but most don't



By WOLCOTT
LANSING STATE JOURNAL

LANSING — The American Academy of Pediatrics recommends middle and high schools start no earlier than 8:30 a.m. due to chronic lack of sleep among adolescents.

None of the two dozen public high schools in the Lansing area start that late. Neither do most of the area's middle schools.

School administrators who spoke to the State Journal agreed current school start times don't reflect the research on the sleep habits of teens and the impact lack of sleep has.

"We have got to think more judiciously about high school start times," said Lansing superintendent Yvonne Castral-Caudell.

But the scheduling of regional programs and after-school activities are among the challenges administrators see to making changes to start times.

Failing to do so comes with potential consequences, according to Kimberly Fenn, a psychology professor at Michigan State University.

Impacts from lack of sleep range from problems staying attentive to more struggles with short- and long-term memory to

See TIME, Page A8.

TODAY'S FORECAST
High: 49° Low: 34°
Rain showers. Full forecast, A8

INDEX
Deaths 2A Local/State 3A, 5A, 6A USA TODAY Money 3B Sports 3C USA TODAY Retail 3D Life 3D Horoscopes 3D Comics 5D Television 4D Comics 5D

Advertisers
2A, 2B, 2C, 2D, 2E, 2F, 2G, 2H, 2I, 2J, 2K, 2L, 2M, 2N, 2O, 2P, 2Q, 2R, 2S, 2T, 2U, 2V, 2W, 2X, 2Y, 2Z, 3A, 3B, 3C, 3D, 3E, 3F, 3G, 3H, 3I, 3J, 3K, 3L, 3M, 3N, 3O, 3P, 3Q, 3R, 3S, 3T, 3U, 3V, 3W, 3X, 3Y, 3Z, 4A, 4B, 4C, 4D, 4E, 4F, 4G, 4H, 4I, 4J, 4K, 4L, 4M, 4N, 4O, 4P, 4Q, 4R, 4S, 4T, 4U, 4V, 4W, 4X, 4Y, 4Z, 5A, 5B, 5C, 5D, 5E, 5F, 5G, 5H, 5I, 5J, 5K, 5L, 5M, 5N, 5O, 5P, 5Q, 5R, 5S, 5T, 5U, 5V, 5W, 5X, 5Y, 5Z, 6A, 6B, 6C, 6D, 6E, 6F, 6G, 6H, 6I, 6J, 6K, 6L, 6M, 6N, 6O, 6P, 6Q, 6R, 6S, 6T, 6U, 6V, 6W, 6X, 6Y, 6Z, 7A, 7B, 7C, 7D, 7E, 7F, 7G, 7H, 7I, 7J, 7K, 7L, 7M, 7N, 7O, 7P, 7Q, 7R, 7S, 7T, 7U, 7V, 7W, 7X, 7Y, 7Z, 8A, 8B, 8C, 8D, 8E, 8F, 8G, 8H, 8I, 8J, 8K, 8L, 8M, 8N, 8O, 8P, 8Q, 8R, 8S, 8T, 8U, 8V, 8W, 8X, 8Y, 8Z, 9A, 9B, 9C, 9D, 9E, 9F, 9G, 9H, 9I, 9J, 9K, 9L, 9M, 9N, 9O, 9P, 9Q, 9R, 9S, 9T, 9U, 9V, 9W, 9X, 9Y, 9Z, 10A, 10B, 10C, 10D, 10E, 10F, 10G, 10H, 10I, 10J, 10K, 10L, 10M, 10N, 10O, 10P, 10Q, 10R, 10S, 10T, 10U, 10V, 10W, 10X, 10Y, 10Z, 11A, 11B, 11C, 11D, 11E, 11F, 11G, 11H, 11I, 11J, 11K, 11L, 11M, 11N, 11O, 11P, 11Q, 11R, 11S, 11T, 11U, 11V, 11W, 11X, 11Y, 11Z, 12A, 12B, 12C, 12D, 12E, 12F, 12G, 12H, 12I, 12J, 12K, 12L, 12M, 12N, 12O, 12P, 12Q, 12R, 12S, 12T, 12U, 12V, 12W, 12X, 12Y, 12Z, 13A, 13B, 13C, 13D, 13E, 13F, 13G, 13H, 13I, 13J, 13K, 13L, 13M, 13N, 13O, 13P, 13Q, 13R, 13S, 13T, 13U, 13V, 13W, 13X, 13Y, 13Z, 14A, 14B, 14C, 14D, 14E, 14F, 14G, 14H, 14I, 14J, 14K, 14L, 14M, 14N, 14O, 14P, 14Q, 14R, 14S, 14T, 14U, 14V, 14W, 14X, 14Y, 14Z, 15A, 15B, 15C, 15D, 15E, 15F, 15G, 15H, 15I, 15J, 15K, 15L, 15M, 15N, 15O, 15P, 15Q, 15R, 15S, 15T, 15U, 15V, 15W, 15X, 15Y, 15Z, 16A, 16B, 16C, 16D, 16E, 16F, 16G, 16H, 16I, 16J, 16K, 16L, 16M, 16N, 16O, 16P, 16Q, 16R, 16S, 16T, 16U, 16V, 16W, 16X, 16Y, 16Z, 17A, 17B, 17C, 17D, 17E, 17F, 17G, 17H, 17I, 17J, 17K, 17L, 17M, 17N, 17O, 17P, 17Q, 17R, 17S, 17T, 17U, 17V, 17W, 17X, 17Y, 17Z, 18A, 18B, 18C, 18D, 18E, 18F, 18G, 18H, 18I, 18J, 18K, 18L, 18M, 18N, 18O, 18P, 18Q, 18R, 18S, 18T, 18U, 18V, 18W, 18X, 18Y, 18Z, 19A, 19B, 19C, 19D, 19E, 19F, 19G, 19H, 19I, 19J, 19K, 19L, 19M, 19N, 19O, 19P, 19Q, 19R, 19S, 19T, 19U, 19V, 19W, 19X, 19Y, 19Z, 20A, 20B, 20C, 20D, 20E, 20F, 20G, 20H, 20I, 20J, 20K, 20L, 20M, 20N, 20O, 20P, 20Q, 20R, 20S, 20T, 20U, 20V, 20W, 20X, 20Y, 20Z, 21A, 21B, 21C, 21D, 21E, 21F, 21G, 21H, 21I, 21J, 21K, 21L, 21M, 21N, 21O, 21P, 21Q, 21R, 21S, 21T, 21U, 21V, 21W, 21X, 21Y, 21Z, 22A, 22B, 22C, 22D, 22E, 22F, 22G, 22H, 22I, 22J, 22K, 22L, 22M, 22N, 22O, 22P, 22Q, 22R, 22S, 22T, 22U, 22V, 22W, 22X, 22Y, 22Z, 23A, 23B, 23C, 23D, 23E, 23F, 23G, 23H, 23I, 23J, 23K, 23L, 23M, 23N, 23O, 23P, 23Q, 23R, 23S, 23T, 23U, 23V, 23W, 23X, 23Y, 23Z, 24A, 24B, 24C, 24D, 24E, 24F, 24G, 24H, 24I, 24J, 24K, 24L, 24M, 24N, 24O, 24P, 24Q, 24R, 24S, 24T, 24U, 24V, 24W, 24X, 24Y, 24Z, 25A, 25B, 25C, 25D, 25E, 25F, 25G, 25H, 25I, 25J, 25K, 25L, 25M, 25N, 25O, 25P, 25Q, 25R, 25S, 25T, 25U, 25V, 25W, 25X, 25Y, 25Z, 26A, 26B, 26C, 26D, 26E, 26F, 26G, 26H, 26I, 26J, 26K, 26L, 26M, 26N, 26O, 26P, 26Q, 26R, 26S, 26T, 26U, 26V, 26W, 26X, 26Y, 26Z, 27A, 27B, 27C, 27D, 27E, 27F, 27G, 27H, 27I, 27J, 27K, 27L, 27M, 27N, 27O, 27P, 27Q, 27R, 27S, 27T, 27U, 27V, 27W, 27X, 27Y, 27Z, 28A, 28B, 28C, 28D, 28E, 28F, 28G, 28H, 28I, 28J, 28K, 28L, 28M, 28N, 28O, 28P, 28Q, 28R, 28S, 28T, 28U, 28V, 28W, 28X, 28Y, 28Z, 29A, 29B, 29C, 29D, 29E, 29F, 29G, 29H, 29I, 29J, 29K, 29L, 29M, 29N, 29O, 29P, 29Q, 29R, 29S, 29T, 29U, 29V, 29W, 29X, 29Y, 29Z, 30A, 30B, 30C, 30D, 30E, 30F, 30G, 30H, 30I, 30J, 30K, 30L, 30M, 30N, 30O, 30P, 30Q, 30R, 30S, 30T, 30U, 30V, 30W, 30X, 30Y, 30Z, 31A, 31B, 31C, 31D, 31E, 31F, 31G, 31H, 31I, 31J, 31K, 31L, 31M, 31N, 31O, 31P, 31Q, 31R, 31S, 31T, 31U, 31V, 31W, 31X, 31Y, 31Z, 32A, 32B, 32C, 32D, 32E, 32F, 32G, 32H, 32I, 32J, 32K, 32L, 32M, 32N, 32O, 32P, 32Q, 32R, 32S, 32T, 32U, 32V, 32W, 32X, 32Y, 32Z, 33A, 33B, 33C, 33D, 33E, 33F, 33G, 33H, 33I, 33J, 33K, 33L, 33M, 33N, 33O, 33P, 33Q, 33R, 33S, 33T, 33U, 33V, 33W, 33X, 33Y, 33Z, 34A, 34B, 34C, 34D, 34E, 34F, 34G, 34H, 34I, 34J, 34K, 34L, 34M, 34N, 34O, 34P, 34Q, 34R, 34S, 34T, 34U, 34V, 34W, 34X, 34Y, 34Z, 35A, 35B, 35C, 35D, 35E, 35F, 35G, 35H, 35I, 35J, 35K, 35L, 35M, 35N, 35O, 35P, 35Q, 35R, 35S, 35T, 35U, 35V, 35W, 35X, 35Y, 35Z, 36A, 36B, 36C, 36D, 36E, 36F, 36G, 36H, 36I, 36J, 36K, 36L, 36M, 36N, 36O, 36P, 36Q, 36R, 36S, 36T, 36U, 36V, 36W, 36X, 36Y, 36Z, 37A, 37B, 37C, 37D, 37E, 37F, 37G, 37H, 37I, 37J, 37K, 37L, 37M, 37N, 37O, 37P, 37Q, 37R, 37S, 37T, 37U, 37V, 37W, 37X, 37Y, 37Z, 38A, 38B, 38C, 38D, 38E, 38F, 38G, 38H, 38I, 38J, 38K, 38L, 38M, 38N, 38O, 38P, 38Q, 38R, 38S, 38T, 38U, 38V, 38W, 38X, 38Y, 38Z, 39A, 39B, 39C, 39D, 39E, 39F, 39G, 39H, 39I, 39J, 39K, 39L, 39M, 39N, 39O, 39P, 39Q, 39R, 39S, 39T, 39U, 39V, 39W, 39X, 39Y, 39Z, 40A, 40B, 40C, 40D, 40E, 40F, 40G, 40H, 40I, 40J, 40K, 40L, 40M, 40N, 40O, 40P, 40Q, 40R, 40S, 40T, 40U, 40V, 40W, 40X, 40Y, 40Z, 41A, 41B, 41C, 41D, 41E, 41F, 41G, 41H, 41I, 41J, 41K, 41L, 41M, 41N, 41O, 41P, 41Q, 41R, 41S, 41T, 41U, 41V, 41W, 41X, 41Y, 41Z, 42A, 42B, 42C, 42D, 42E, 42F, 42G, 42H, 42I, 42J, 42K, 42L, 42M, 42N, 42O, 42P, 42Q, 42R, 42S, 42T, 42U, 42V, 42W, 42X, 42Y, 42Z, 43A, 43B, 43C, 43D, 43E, 43F, 43G, 43H, 43I, 43J, 43K, 43L, 43M, 43N, 43O, 43P, 43Q, 43R, 43S, 43T, 43U, 43V, 43W, 43X, 43Y, 43Z, 44A, 44B, 44C, 44D, 44E, 44F, 44G, 44H, 44I, 44J, 44K, 44L, 44M, 44N, 44O, 44P, 44Q, 44R, 44S, 44T, 44U, 44V, 44W, 44X, 44Y, 44Z, 45A, 45B, 45C, 45D, 45E, 45F, 45G, 45H, 45I, 45J, 45K, 45L, 45M, 45N, 45O, 45P, 45Q, 45R, 45S, 45T, 45U, 45V, 45W, 45X, 45Y, 45Z, 46A, 46B, 46C, 46D, 46E, 46F, 46G, 46H, 46I, 46J, 46K, 46L, 46M, 46N, 46O, 46P, 46Q, 46R, 46S, 46T, 46U, 46V, 46W, 46X, 46Y, 46Z, 47A, 47B, 47C, 47D, 47E, 47F, 47G, 47H, 47I, 47J, 47K, 47L, 47M, 47N, 47O, 47P, 47Q, 47R, 47S, 47T, 47U, 47V, 47W, 47X, 47Y, 47Z, 48A, 48B, 48C, 48D, 48E, 48F, 48G, 48H, 48I, 48J, 48K, 48L, 48M, 48N, 48O, 48P, 48Q, 48R, 48S, 48T, 48U, 48V, 48W, 48X, 48Y, 48Z, 49A, 49B, 49C, 49D, 49E, 49F, 49G, 49H, 49I, 49J, 49K, 49L, 49M, 49N, 49O, 49P, 49Q, 49R, 49S, 49T, 49U, 49V, 49W, 49X, 49Y, 49Z, 50A, 50B, 50C, 50D, 50E, 50F, 50G, 50H, 50I, 50J, 50K, 50L, 50M, 50N, 50O, 50P, 50Q, 50R, 50S, 50T, 50U, 50V, 50W, 50X, 50Y, 50Z, 51A, 51B, 51C, 51D, 51E, 51F, 51G, 51H, 51I, 51J, 51K, 51L, 51M, 51N, 51O, 51P, 51Q, 51R, 51S, 51T, 51U, 51V, 51W, 51X, 51Y, 51Z, 52A, 52B, 52C, 52D, 52E, 52F, 52G, 52H, 52I, 52J, 52K, 52L, 52M, 52N, 52O, 52P, 52Q, 52R, 52S, 52T, 52U, 52V, 52W, 52X, 52Y, 52Z, 53A, 53B, 53C, 53D, 53E, 53F, 53G, 53H, 53I, 53J, 53K, 53L, 53M, 53N, 53O, 53P, 53Q, 53R, 53S, 53T, 53U, 53V, 53W, 53X, 53Y, 53Z, 54A, 54B, 54C, 54D, 54E, 54F, 54G, 54H, 54I, 54J, 54K, 54L, 54M, 54N, 54O, 54P, 54Q, 54R, 54S, 54T, 54U, 54V, 54W, 54X, 54Y, 54Z, 55A, 55B, 55C, 55D, 55E, 55F, 55G, 55H, 55I, 55J, 55K, 55L, 55M, 55N, 55O, 55P, 55Q, 55R, 55S, 55T, 55U, 55V, 55W, 55X, 55Y, 55Z, 56A, 56B, 56C, 56D, 56E, 56F, 56G, 56H, 56I, 56J, 56K, 56L, 56M, 56N, 56O, 56P, 56Q, 56R, 56S, 56T, 56U, 56V, 56W, 56X, 56Y, 56Z, 57A, 57B, 57C, 57D, 57E, 57F, 57G, 57H, 57I, 57J, 57K, 57L, 57M, 57N, 57O, 57P, 57Q, 57R, 57S, 57T, 57U, 57V, 57W, 57X, 57Y, 57Z, 58A, 58B, 58C, 58D, 58E, 58F, 58G, 58H, 58I, 5

Observe o modelo de um jornal impresso ao lado...

Lansing State Journal
PART OF THE USA TODAY NETWORK

WEDNESDAY 10.25.17 THE POWER OF KNOWING SINCE 1855 WWW.LSJ.COM

TIME FOR CHANGE?

Doctors, researchers say teens should start school later, but most don't



By WOLCOFF
LANSING STATE JOURNAL

LANSING — The American Academy of Pediatrics recommends middle and high schools start no earlier than 8:30 a.m. to combat chronic lack of sleep among students.

None of the two dozen public high schools in the Lansing area start that late. Neither do most of the area's private schools.

School administrators who spoke to the State Journal agreed current school start times don't reflect the research on the sleep habits of teens and the impact lack of sleep has.

"We have got to think more judiciously about high school start times," said Lansing Superintendent Yvonne Central Davis.

Timing the scheduling of regular programs and after-school activities are among the challenges administrators see to making changes to start times.

Impact from lack of sleep range from problems staying attentive to more struggles with short- and long-term memory to

See TIME, Page A8.

Costco to lower others' prices? Maybe not

Business opening could impact customer experience at other stores

HAILEY HANSEN
LANSING STATE JOURNAL

Shirley DeLoach Prescott opened Merit's Specialty Meats in Okemos six years ago after working for the now-defunct J&L, Plus Markets. Since her shop opened, five other competitors have crept up.

Each was a hit in the business, Prescott said.

"They've all got into us," she said. "We're holding our own, because we take care of our customers."

When Costco opens its doors later this week, Prescott said she's bracing for a similar effect.

Costco in East Lansing will be one of 15 Costco stores in Michigan, and its impact in the area will likely extend to other businesses and consumers, she said.

Whereas Walmart typically causes prices at competing grocery stores to drop, Costco has an opposite impact, said Charles Courtemanche, associate professor of economics in the Andrew Young School of Policy Studies at Georgia State University. Courtemanche co-authored a 2014 study on the company's impact on grocery prices.

"When a Costco moves in, their price advantage is even more pronounced than a Walmart Supercenter," he said. "Consumers pay more, say 'We can't compete on price.'

Grocers instead decide to bolster customer experience, amenities and convenience, Courtemanche said. Stores will start selling a larger variety of products or expand their deli and bakery sections, for example.

The price increase is usually small enough that most consumers don't notice, he said.

"We don't think the higher prices mean that consumers lose," he said.

Courtemanche's study was on larger grocery store chains. He said he doesn't know if any research that directly tests the impact of Costco on small, local stores.

Prescott said she doesn't have plans to make any big changes to Merit's to compete with Costco. Despite the increased competition from national chains, Prescott said the Bloks people still want to shop at a family-owned store.

"We like our platform, and we like

TODAY'S FORECAST

Night: 41°/Low: 34
Rain showers
Full forecast: A8

INDEX

Death	2A	USA TODAY Money	3B	Life	10	Television	40	Comics	50
Local/State	3A, 5A, 6A	Sports	1C	Homespeaks	3D				
USA TodayAr	1B								

SEARCHING \$1.50 Retail

Call us
1-800-234-1719

Hours
Monday - Friday: 8:00am - 7:00pm
Saturday: 7:00am - 11:00am
Sunday and Holidays: 7:00am - 11:00am

<https://www.facebook.com/lsjnews>
<https://twitter.com/lsjnews>
<https://www.instagram.com/lsjnews/>
<https://www.lansingstatejournal.com/>

Observe o modelo de um jornal impresso ao lado...

Lansing State Journal
PART OF THE USA TODAY NETWORK

WEDNESDAY 10.25.17 THE POWER OF KNOWING SINCE 1855 WWW.LSJ.COM

TIME FOR CHANGE?

Doctors, researchers say teens should start school later, but most don't



IN WOLCOTT
LANSING STATE JOURNAL

LANSING — The American Academy of Pediatrics recommends middle and high schools start no earlier than 8:30 a.m. to combat chronic lack of sleep among teenagers.

None of the two dozen public high schools in the Lansing area start that late. Neither do most of the area's private schools.

School administrators who spoke to the State Journal agreed current school start times don't reflect the research on the sleep habits of teens and the impact lack of sleep has.

"We have got to think more judiciously about high school start times," said Lansing Superintendent Yvonne Central Davis.

Timing the scheduling of regular programs and after-school activities are among the challenges administrators see to making changes to start times.

Impact from lack of sleep range from problems staying attentive to more struggles with short- and long-term memory to

See TIME, Page A8.

HAILEY HANSEN
LANSING STATE JOURNAL

Shirley DeLoach Prescott opened Merit Specialty Meats in Okemos six years ago after working for the now-defunct J&L, Plus Markets. Since her shop opened, five other competitors have crept up.

Each was a bit in the business, Prescott said.

"They've all got into us," she said. "We're holding our own, because we take care of our customers."

When Costco opens its doors later this week, Prescott said she's bracing for a similar effect.

Costco in East Lansing will be one of 15 Costco stores in Michigan, and its impact in the area will likely extend to other businesses and consumers, she said.

Whereas Walmart typically causes prices at competing grocery stores to drop, Costco has an opposite impact, said Charles Courtemanche, associate professor of economics in the Andrew Young School of Policy Studies at Georgia State University. Courtemanche co-authored a 2014 study on the company's impact on grocery prices.

"When a Costco moves in, their price advantage is even more pronounced than a Walmart Supercenter," he said. "Consumers pay more, say 'We can't compete on price.'

Grocers instead decide to bolster customer experience, amenities and convenience, Courtemanche said. Stores will start selling a larger variety of products or expand their deli and bakery section, for example.

The price increase is usually small enough that most consumers don't notice, he said.

"We don't think the higher prices mean that consumers lose," he said.

Courtemanche's study was on larger grocery store chains. He said he doesn't know if any research that directly tests the impact of Costco on small, local stores.

Prescott said she doesn't have plans to make any big changes to Merit to compete with Costco. Despite the increased competition from national chains, Prescott said the Bloks people still want to shop at a family-owned store.

"We like our platform, and we like

TODAY'S FORECAST

Night: 41°/Low: 34
Rain showers
Full forecast: A8

INDEX

Death	2A	USA TODAY Money	3B	Life	10	Television	40	Comics	50
Local/State	3A, 5A, 6A	Sports	1C	Homespeaks	3D				
USA TodayAr	1B								

SEARCHING \$1.50 Retail

Call us
1-800-234-1719

Hours
Monday - Friday: 8:00am - 7:00pm
Saturday: 7:00am - 11:00am
Sunday and Holidays: 7:00am - 11:00am

<https://www.facebook.com/lsjnews>
<https://twitter.com/lsjnews>
<https://www.instagram.com/lsjnews/>
<https://www.lansingstatejournal.com/>

Observe o modelo de um jornal impresso ao lado...

Lansing State Journal
PART OF THE USA TODAY NETWORK

WEDNESDAY 10.25.17 THE POWER OF KNOWING SINCE 1855 WWW.LSJ.COM

TIME FOR CHANGE?

Doctors, researchers say teens should start school later, but most don't



RU WOLCOFF
LANSING STATE JOURNAL

LANSING — The American Academy of Pediatrics recommends middle and high schools start no earlier than 8:30 a.m. to combat chronic lack of sleep among adolescents.

None of the two dozen public high schools in the Lansing area start that late. Neither do most of the area's private schools.

School administrators who spoke to the State Journal agreed current school start times don't reflect the research on the sleep habits of teens and the impact lack of sleep has.

"We have got to think more judiciously about high school start times," said Lansing Superintendent Yvonne Central-Davis.

Timing the scheduling of regular programs and after-school activities are among the challenges administrators see to making changes to start times.

Going to do so comes with potential consequences, according to Kimberly Fenn, a psychology professor at Michigan State University.

Impacts from lack of sleep range from problems staying attentive to more struggles with short- and long-term memory to

See TIME, Page A8.

KIMBERLY FENN
A PSYCHOLOGY PROFESSOR
AT MICHIGAN STATE UNIVERSITY

"When you're sleep deprived, you don't crave apples and carrots sticks; you crave pizza and cheeseburgers."

HAILEY HANSEN
LANSING STATE JOURNAL

Shirley DeLoach Prescott opened Merit's Specialty Meats in Okemos six years ago after working for the now-defunct J&L, Food Centers. Since her shop opened, five other competitors have crept up.

Each was a bit in the business, Prescott said.

"They've all got into us," she said. "We're holding our own, because we take care of our customers."

When Costco opens its doors later this week, Prescott said she's bracing for a similar effect.

Costco in East Lansing will be one of 15 Costco stores in Michigan, and its impact in the area will likely extend to other businesses and consumers, she said.

Whereas Walmart typically causes prices at competing grocery stores to drop, Costco has an opposite impact, said Charles Courtemanche, associate professor of economics in the Andrew Young School of Policy Studies at Georgia State University. Courtemanche co-authored a 2014 study on the company's impact on grocery prices.

"When a Costco moves in, their price advantage is even more pronounced than a Walmart Supercenter," he said. "Consumers pay more, say 'We can't compete on price.'

Grocers instead decide to bolster customer experience, amenities and convenience, Courtemanche said. Stores will start selling a larger variety of products or expand their deli and bakery sections, for example.

The price increase is usually small enough that most consumers don't notice, he said.

"We don't think the higher prices mean that consumers lose," he said.

Courtemanche's study was on larger grocery store chains. He said he doesn't know if any research that directly tests the impact of Costco on small, local stores.

Prescott said she doesn't have plans to make any big changes to Merit's to compete with Costco. Despite the increased competition from national chains, Prescott said the Bloks people still want to shop at a family-owned store.

"We like our platform, and we like

See PRICES, Page A8.

TODAY'S FORECAST

Night: 41°/Low: 34
Rain showers
Full forecast: A8

INDEX

Death	2A	USA TODAY Money	3B	Life	10	Television	40	Comics	50
Local/State	3A, 5A, 6A	Sports	1C	Homespeaks	3D				
USA TODAY	4B								

Accomplishing
Business
Classical music
Caving
Entertainment
Fashion
Health
Home
Humor
Innovation
Leadership
Retail

Call us
1-800-234-1719

Hours
Monday - Friday: 8:00am - 7:00pm
Saturday: 7:00am - 11:00am
Sunday and Holidays: 7:00am - 11:00am

<https://www.facebook.com/lsjnews>
<https://twitter.com/lsjnews>
<https://www.instagram.com/lsjnews/>
<https://www.lansingstatejournal.com/>

Lansing State Journal

PART OF THE USA TODAY NETWORK

WEDNESDAY 10.25.17

THE POWER OF KNOWING SINCE 1855

WWW.LSJ.COM

TIME FOR CHANGE?

Doctors, researchers say
teens should start school
later, but most don't

By AL WOLCOTT
LANSING STATE JOURNAL

LANSING - The American Academy of Pediatrics recommends schools start no earlier than 8:30 a.m. to combat chronic lack of sleep among adolescents.

None of the two dozen public high schools in the Lansing area start that late. Neither do most of the area's middle schools.

School administrators who spoke to the State Journal agreed current school start times don't reflect the research on the sleep needs of teens and the benefits of later starts.

"We have gone to think more radically about high school start times," said Lansing Superintendent Yvonne Castral Cenac.

Fixing the scheduling of regional programs and after-school activities are among the challenges administrators see to making changes to start times.

"Falling to do so comes with potential consequences," according to Kimberly Fenn, a psychology professor at Michigan State University.

Impacts from lack of sleep range from problems staying attentive and struggling with short- and long-term memory to

See TIME, Page A8.

"When you're sleep deprived, you don't crave apples and carrots sticks, you crave pizza and cheeseburgers."

KIMBERLY FENN
*A PSYCHOLOGY PROFESSOR
AT MICHIGAN STATE UNIVERSITY*

Costco to lower others' prices? Maybe not

Business opening could impact customer experience at other stores

HAILEY HANSEN
LANSING STATE JOURNAL

Shelley Decker Presscott opened Shelia's Specialty Meats in Okemos six years ago after leaving for the now-shuttered L.L.B. Food Centers. Since she opened, five other competitors have crept up.

Each was a hit in business, Presscott said.

"They've all got into us," she said. "They're holding our own, because we take care of our customers."

When Costco opened its doors later this week, Presscott said she's bracing for a similar effect.

Costco in East Lansing will be one of 15 Costco stores in Michigan, and its opening in the area may extend to other local grocery and convenience stores at those stores.

Whereas Walmart typically causes price wars at competing grocery stores to drop, Costco has an opposite impact, said Charles Courtemanche, associate professor of economics in the Andrew Young School of Policy Studies at Georgia State University. Courtemanche co-wrote a 2014 study on the company's impact on grocery prices.

"When a Costco moves in, their price increases in areas more proximate to a Walmart Supercenter," he said. "Convenience groceries can't compete on price."

Grocers instead decide to bolster customer experience, amenities and convenience, Courtemanche said. Stores will start selling a larger variety of products or expand their deli and bakery selection, for example.

The price increase is usually small enough that most consumers won't notice.

"We don't think the higher prices mean that consumers lose," he said.

Courtemanche's study was on larger supermarket chains. He said he doesn't know of any research that directly tests the impact of Costco on small, local stores.

Presscott said she doesn't have plans to make any big changes to Merc's to compete with Costco. Despite the increased competition from national chains, Presscott said she thinks people still want to shop a locally owned store.

"We like our platform, and we like

See PRICE, Page A8.

TODAY'S FORECAST

INDEX

Deaths	2A
Local/State	3A, 5A, 5A
USA Today	1B

Automotive	1B
Business	1B
Living	1B
Obituaries	1B

Call us
1-800-234-1719

Hours
Monday-Friday: 8:00am - 7:00pm
Saturday: 7:00am - 11:00am
Sunday and Holidays: 7:00am - 11:00am

<https://www.facebook.com/ljsnews>

<https://twitter.com/ljsnews>

<https://www.instagram.com/ljsnews/>

<https://www.lansingstatejournal.com/>

Observe o modelo de um jornal impresso ao lado...

Lansing State Journal
PART OF THE USA TODAY NETWORK

WEDNESDAY 10.25.17 THE POWER OF KNOWING SINCE 1855 WWW.LSJ.COM

TIME FOR CHANGE?

Doctors, researchers say teens should start school later, but most don't



By WOLCOFF
LANSING STATE JOURNAL

LANSING — The American Academy of Pediatrics recommends middle and high schools start no earlier than 8:30 a.m. to combat chronic lack of sleep among students.

None of the two dozen public high schools in the Lansing area start that late. Neither do most of the area's private schools.

School administrators who spoke to the State Journal agreed current school start times don't reflect the research on the sleep habits of teens and the impact lack of sleep has.

"We have got to think more judiciously about high school start times," said Lansing Superintendent Yvonne Central-Davis.

Timing the scheduling of regular programs and after-school activities are among the challenges administrators see to making changes to start times.

Failure to do so comes with potential consequences, according to Kimberly Fenn, a psychology professor at Michigan State University.

Impacts from lack of sleep range from problems staying attentive to more struggles with short- and long-term memory to

See TIME, Page A8.

When you're sleep deprived, you don't crave apples and carrots sticks; you crave pizza and cheeseburgers.

KIMBERLY FENN
A PSYCHOLOGY PROFESSOR
AT MICHIGAN STATE UNIVERSITY

TODAY'S FORECAST
High: 49° Low: 34°
Rain showers. Full forecast, A8

INDEX
Deaths 2A USA TODAY Money 3B Life 1D Television 4D Comics 5D
Local/State 3A, 5A, 6A Sports 7C Horoscopes 3D
USA TODAYAr 1B

SEARCHING \$1.50 Retail
SEARCHING
ISSUE NUMBER:
LANSING
ISSUE NUMBER:
448807-05412

Call us
1-800-234-1719

Hours
Monday - Friday: 8:00am - 7:00pm
Saturday: 7:00am - 11:00am
Sunday and Holidays: 7:00am - 11:00am

<https://www.facebook.com/lsjnews>
<https://twitter.com/lsjnews>
<https://www.instagram.com/lsjnews/>
<https://www.lansingstatejournal.com/>

Costco to lower others' prices? Maybe not

Business opening could impact customer experience at other stores

HAILEY HANSEN

LANSING STATE JOURNAL

Shirley DeLoach Prescott opened Merit's Specialty Meats in Okemos six years ago after working for the now-defunct J.C. Penney. Since her shop opened, five other competitors have crept up.

Each was a hit in the business, Prescott said.

"They've all got into us," she said. "We're hearing our own, because we take care of our own."

When Costco opens its doors later this week, Prescott said she's bracing for a similar effect.

Costco in East Lansing will be one of 15 Costco stores in Michigan, and its impact in the area will likely extend to other businesses and consumers, according to those involved.

Whereas Walmart typically causes prices at competing grocery stores to drop, Costco has an opposite impact, said Charles Courtemanche, associate professor of economics in the Andrew Young School of Policy Studies at Georgia State University. Courtemanche co-authored a 2014 study on the company's impact on grocery prices.

"When a Costco moves in, their price advantage is even more pronounced than a Walmart Supercenter," Courtemanche writes. "It's like saying 'We can't compete on price.'

Grocers instead decide to bolster customer experience, amenities and convenience, Courtemanche said. Stores will start selling a larger variety of products or expand their deli and bakery sections, for example.

The price increase is usually small enough that most consumers don't notice, he said.

"We don't think the higher prices mean that consumers lose," he said.

Courtemanche's study was on larger supermarket chains. He said he doesn't know if any research that directly tests the impact of Costco on small, local stores.

Prescott said she doesn't have plans to make any big changes to Merit's to compete with Costco. Despite the increased competition from national chains, Prescott said the Bloks people still want to shop at a family-owned store.

"We like our platform, and we like

Observe o modelo de um jornal impresso ao lado...

Lansing State Journal
PART OF THE USA TODAY NETWORK

WEDNESDAY 10.25.17 THE POWER OF KNOWING SINCE 1855 WWW.LSJ.COM

TIME FOR CHANGE?

Doctors, researchers say teens should start school later, but most don't

By WOLCOTT
LANSING STATE JOURNAL

LANSING — The American Academy of Pediatrics recommends middle and high schools start no earlier than 8:30 a.m. due to chronic lack of sleep among adolescents.

None of the two dozen public high schools in the Lansing area start that late. Neither do most of the area's middle schools.

School administrators who spoke to the State Journal agreed current school start times don't reflect the research on the sleep habits of teens and the impact lack of sleep has.

"We have got to think more judiciously about high school start times," said Lansing Superintendent Yvonne Castral-Caudell.

During the scheduling of regional programs and after-school activities are among the challenges administrators see to making changes to start times.

Failing to do so comes with potential consequences, according to Kimberly Fenn, a psychology professor at Michigan State University.

Impacts from lack of sleep range from problems staying attentive to more struggles with short- and long-term memory to

See TIME, Page A8.

Costco to lower others' prices? Maybe not

Business opening could impact customer experience at other stores

HAILEY HANSEN
LANSING STATE JOURNAL

Shirley Decker Prescott opened Shirleys Specialty Mtns in Okemos six years ago after searching for the most affordably priced garments. Since her store opened, five other competitors have crept up.

Each was a hit in the business, Prescott said.

"They've all got into us," she said. "It's been our way, because we took care of our customers."

When Costco opens its doors later this week, Prescott said she's bracing for a similar effect.

Costco in East Lansing will be one of 15 Costco stores in Michigan, and its impact in the area will likely extend to other businesses and consumers, she said.

Whereas Walmart typically causes prices at competing grocery stores to drop, Costco has an opposite impact, said Charles Courtemanche, associate professor of economics in the Anderson School of Policy, Planning and Economics at Georgia Tech. Courtemanche co-authored a 2014 study on the company's impact on grocery prices.

"When a Costco moves in, their price advantage is even more pronounced than a Walmart Supercenter," he said. "Consumers are drawn to it. It's a competition between them."

Grocers instead decide to bolster customer experience, amenities and convenience, Courtemanche said. Stores will start selling a larger variety of products or expand their deli and bakery selection, for example.

"The impact is probably very small enough that most consumers don't notice it," he said.

"We don't think the higher prices mean that consumers lose," he said.

Courtemanche's study was on large-format grocery chains, he said, so doesn't include any results that directly tests the impact of Costco on small, local stores.

Prescott said she doesn't have plans to make any big changes to Shirleys to compete with Costco. Despite the increased competition from nearby stores, Prescott said, she thinks people still want to shop at a locally owned store.

"We like our platform, and we like

See PRICES, Page A8.

TODAY'S FORECAST

High: 49° Low: 34°
Rain showers
Full forecast, A8

INDEX

Death	2A	USA TODAY Money	3B	Life	10	Television	40	Comics	50
Local/State	3A, 5A, 6A	Sports	1C	Homespeaks	3D				
USA TodayAr	1B								

Call us
1-800-234-1719

Hours
Monday - Friday: 8:00am - 7:00pm
Saturday: 7:00am - 11:00am
Sunday and Holidays: 7:00am - 11:00am

<https://www.facebook.com/lsjnews>
<https://twitter.com/lsjnews>
<https://www.instagram.com/lsjnews/>
<https://www.lansingstatejournal.com/>

Observe o modelo de um jornal impresso ao lado...

Lansing State Journal
PART OF THE USA TODAY NETWORK

WEDNESDAY 10.25.17 THE POWER OF KNOWING SINCE 1855 WWW.LSJ.COM

TIME FOR CHANGE?

Doctors, researchers say teens should start school later, but most don't

By WOLCOFF
LANSING STATE JOURNAL

LANSING — The American Academy of Pediatrics recommends middle and high schools start no earlier than 8:30 a.m. due to chronic lack of sleep among adolescents.

None of the two dozen public high schools in the Lansing area start that late. Neither do most of the area's middle schools.

School administrators who spoke to the State Journal agreed current school start times don't reflect the research on the sleep habits of teens and the impact lack of sleep has.

"We have got to think more judiciously about high school start times," said Lansing superintendent Yvonne Castral-Caudell.

During the scheduling of regional programs and after-school activities are among the challenges administrators see to making changes to start times.

Failing to do so comes with potential consequences, according to Kimberly Fenn, a psychology professor at Michigan State University.

Impacts from lack of sleep range from problems staying attentive to trouble struggling with short- and long-term memory to

See TIME, Page A8.

Costco to lower others' prices? Maybe not

Business opening could impact customer experience at other stores

HAILEY HANSEN
LANSING STATE JOURNAL

Shirley DeLoach Prescott opened Merit's Specialty Meats in Okemos six years ago after working for the now-defunct J&L Fresh Gourmet. Since her shop opened, five other competitors have crept up.

Each was a hit in the business, Prescott said.

"They've all got into us," she said. "We're finding our own, because we take care of our own."

When Costco opens its doors later this week, Prescott said she's bracing for a similar effect.

Costco in East Lansing will be one of 15 Costco stores in Michigan, and its impact in the area will likely extend to other businesses and consumers, she said.

Whereas Walmart typically causes prices at competing grocery stores to drop, Costco has an opposite impact, said Charles Courtemanche, associate professor of economics in the Andrew Young School of Policy Studies at Georgia State University. Courtemanche co-authored a 2014 study on the company's impact on grocery prices.

"When a Costco moves in, its price advantage is even more pronounced than a Walmart Supercenter," he said. "Competing groceries say 'We can't compete on price.'

Grocers instead decide to bolster customer experience, amenities and convenience, Courtemanche said. Stores will start selling a larger variety of products or expand their deli and bakery section, for example.

The price increase is usually small enough that most consumers don't notice, he said.

"We don't think the higher prices mean that consumers lose," he said.

Courtemanche's study was on larger grocery store chains. He said he doesn't know if any research that directly tests the impact of Costco on small, local stores.

Prescott said she doesn't have plans to make any big changes to Merit's to compete with Costco. Despite the increased competition from national chains, Prescott said the Blooms people still want to shop at a family-owned store.

"We like our platform, and we like

TODAY'S FORECAST

High: 41° Low: 34
Rain forecast: Full forecast: 48

INDEX

Deaths	2A	USA TODAY Money	3B	Ufs	10	Telecoms	40	Comics	50
Local/Metro	3A, 5A, 6A	Sports	1C	Horoscopes	10				
USA TODAY	1B								

Advertising \$1.10 Retail
Local news: Lansing, MI
Lifestyles: 10
Entertainment: 10
Business: 4
Weekend: 4

Call us
1-800-234-1719

Hours
Monday - Friday: 8:00am - 7:00pm
Saturday: 7:00am - 11:00am
Sunday and Holidays: 7:00am - 11:00am

<https://www.facebook.com/lsjnews>
<https://twitter.com/lsjnews>
<https://www.instagram.com/lsjnews/>
<https://www.lansingstatejournal.com/>

Observe o modelo de um jornal impresso ao lado...

Lansing State Journal
PART OF THE USA TODAY NETWORK

WEDNESDAY 10.25.17 THE POWER OF KNOWING SINCE 1855 WWW.LSJ.COM

TIME FOR CHANGE?

Doctors, researchers say teens should start school later, but most don't



By WOLCOTT
LANSING STATE JOURNAL

LANSING — The American Academy of Pediatrics recommends middle and high schools start no earlier than 8:30 a.m. due to chronic lack of sleep among adolescents.

None of the two dozen public high schools in the Lansing area start that late. Neither do most of the area's middle schools.

School administrators who spoke to the State Journal agreed current school start times don't reflect the research on the sleep habits of teens and the impact lack of sleep has.

"We have got to think more judiciously about high school start times," said Lansing superintendent Yvonne Central Davis.

During the scheduling of regional programs and after-school activities are among the challenges administrators see to making changes to start times.

Failing to do so comes with potential consequences, according to Kimberly Fenn, a psychology professor at Michigan State University.

Impacts from lack of sleep range from problems staying attentive to trouble struggling with short- and long-term memory to

See TIME, Page A8.

INDEX

Deaths	2A	USA TODAY Money	3B	Ufs	10	Telecasts	4D
Local/Metro	3A, 5A, 6A	Sports	1C	Horoscopes	10	Comics	5D
USA TODAY	1B	Entertainment	1D	Automotives	4	Business	4

See PRICES, Page A8.

TODAY'S FORECAST

High: 41° Low: 34°	Rain forecast: Full forecast: 4B
--------------------	----------------------------------

Call us
1-800-234-1719

Hours
Monday - Friday: 8:00am - 7:00pm
Saturday: 7:00am - 11:00am
Sunday and Holidays: 7:00am - 11:00am

<https://www.facebook.com/lsjnews>
<https://twitter.com/lsjnews>
<https://www.instagram.com/lsjnews/>
<https://www.lansingstatejournal.com/>

Costco to lower others' prices? Maybe not

Business opening could impact customer experience at other stores

HAILEY HANSEN
LANSING STATE JOURNAL

Shirley DeLoach Prescott opened Merit's Specialty Meats in Okemos six years ago after working for the now-defunct J&L Fresh Gourmet. Since her shop opened, five other competitors have crept up.

Each was a hit in the business, Prescott said.

"They've all got into us," she said. "We're finding our own, because we take care of our own."

When Costco opens its doors later this week, Prescott said she's bracing for a similar effect.

Costco in East Lansing will be one of 15 Costco stores in Michigan, and its impact in the area will likely extend to other businesses and consumers, she said.

Whereas Walmart typically causes prices at competing grocery stores to drop, Costco has an opposite impact, said Charles Courtemanche, associate professor of economics in the Andrew Young School of Policy Studies at Georgia State University. Courtemanche co-authored a 2014 study on the company's impact on grocery prices.

"When a Costco moves in, its price advantage is even more pronounced than a Walmart Supercenter," he said. "Competing groceries say 'We can't compete on price.'"

Grocers instead decide to bolster customer experience, amenities and convenience, Courtemanche said. Stores will start selling a larger variety of products or expand their deli and bakery sections, for example.

The price increase is usually small enough that most consumers don't notice, he said.

"We don't think the higher prices mean that consumers lose," he said.

Courtemanche's study was on larger, more diversified chains. He said he doesn't know if any research that directly tests the impact of Costco on small, local stores.

Prescott said she doesn't have plans to make any big changes to Merit's to compete with Costco. Despite the increased competition from national chains, Prescott said the Bloks people still want to shop at a family-owned store.

"We like our platform, and we like

Observe o
modelo de
um
al impresso
ao lado...



Observe o modelo de um jornal impresso ao lado...

Lansing State Journal
PART OF THE USA TODAY NETWORK

WEDNESDAY 10.25.17 THE POWER OF KNOWING SINCE 1855 WWW.LSJ.COM

TIME FOR CHANGE?

Doctors, researchers say teens should start school later, but most don't

By WOLCOFF
LANSING STATE JOURNAL

LANSING — The American Academy of Pediatrics recommends middle and high schools start no earlier than 8:30 a.m. due to chronic lack of sleep among adolescents.

None of the two dozen public high schools in the Lansing area start that late. Neither do most of the area's middle schools.

School administrators who spoke to the State Journal agreed current school start times don't reflect the research on the sleep habits of teens and the impact lack of sleep has.

"We have got to think more judiciously about high school start times," said Lansing superintendent Yvonne Castral-Caudell.

During the scheduling of regional programs and after-school activities are among the challenges administrators see to making changes to start times.

Failing to do so comes with potential consequences, according to Kimberly Fenn, a psychology professor at Michigan State University.

Impacts from lack of sleep range from problems staying attentive to trouble struggling with short- and long-term memory to

See TIME, Page A8.

Costco to lower others' prices? Maybe not

Business opening could impact customer experience at other stores

HAILEY HANSEN
LANSING STATE JOURNAL

Shirley DeLoach Prescott opened Merit's Specialty Meats in Okemos six years ago after working for the now-defunct J&L Fresh Gourmet. Since her shop opened, five other competitors have crept up.

Each was a hit in the business, Prescott said.

"They've all got into us," she said. "We're finding our own, because we take care of our own."

When Costco opens its doors later this week, Prescott said she's bracing for a similar effect.

Costco in East Lansing will be one of 15 Costco stores in Michigan, and its impact in the area will likely extend to other businesses and consumers, she said.

Whereas Walmart typically causes prices at competing grocery stores to drop, Costco has an opposite impact, said Charles Courtemanche, associate professor of economics in the Andrew Young School of Policy Studies at Georgia State University. Courtemanche co-authored a 2014 study on the company's impact on grocery prices.

"When a Costco moves in, its price advantage is even more pronounced than a Walmart Supercenter," he said. "Competing groceries say 'We can't compete on price.'

Grocers instead decide to bolster customer experience, amenities and convenience, Courtemanche said. Stores will start selling a larger variety of products or expand their deli and bakery section, for example.

The price increase is usually small enough that most consumers don't notice, he said.

"We don't think the higher prices mean that consumers lose," he said.

Courtemanche's study was on larger grocery store chains. He said he doesn't know if any research that directly tests the impact of Costco on small, local stores.

Prescott said she doesn't have plans to make any big changes to Merit's to compete with Costco. Despite the increased competition from national chains, Prescott said the Bloks people still want to shop at a family-owned store.

"This like our platform, and we like

TODAY'S FORECAST

High: 41° Low: 34°
Rain forecast: Full forecast: 48°

INDEX

Deaths	2A	USA TODAY Money	3B	Ufs	10	Telecoms	40	Comics	50
Local/Metro	3A, 5A, 6A	Sports	1C	Horoscopes	10				
USA TODAY	1B								

See PRICES, Page A8.

Call us
1-800-234-1719

Hours
Monday - Friday: 8:00am - 7:00pm
Saturday: 7:00am - 11:00am
Sunday and Holidays: 7:00am - 11:00am

<https://www.facebook.com/lsjnews>
<https://twitter.com/lsjnews>
<https://www.instagram.com/lsjnews/>
<https://www.lansingstatejournal.com/>

E se

fossemos
transformar
este jornal
em um
site?

Lansing State Journal
PART OF THE USA TODAY NETWORK

WEDNESDAY 10.25.17 THE POWER OF KNOWING SINCE 1855 WWW.LSJ.COM

TIME FOR CHANGE?

Doctors, researchers say teens should start school later, but most don't

BY WOLCOTT
LANSING STATE JOURNAL

LANSING — The American Academy of Pediatrics recommends middle and high schools start no earlier than 8:30 a.m. due to chronic lack of sleep among adolescents.

None of the two dozen public high schools in the Lansing area start that late. Neither do most of the area's middle schools.

School administrators who spoke to the State Journal agreed current school start times don't reflect the research on the sleep habits of teens and the impact lack of sleep has.

"We have got to think more judiciously about high school start times," said Lansing Superintendent Yvonne Central Davis.

During the scheduling of regional programs and after-school activities are among the challenges administrators see to making changes to start times.

Failing to do so comes with potential consequences, according to Kimberly Fenn, a psychology professor at Michigan State University.

Impacts from lack of sleep range from problems staying attentive to trouble struggling with short- and long-term memory to

See TIME, Page A8.

Costco to lower others' prices? Maybe not

Business opening could impact customer experience at other stores

HAILEY HANSEN
LANSING STATE JOURNAL

Shirley DeLoach Prescott opened Shirley Specialty Meats in Okemos six years ago after working for the now-defunct J&L Fresh Gourmet. Since her shop opened, five other competitors have crept up.

Each was a hit in the business, Prescott said.

"They've all got into us," she said. "We're holding our own, because we take care of our customers."

When Costco opens its doors later this week, Prescott said she's bracing for a similar effect.

Costco in East Lansing will be one of 15 Costco stores in Michigan, and its impact in the area will likely extend to other businesses and consumers, she said.

Whereas Walmart typically causes prices at competing grocery stores to drop, Costco has an opposite impact, said Charles Courtemanche, associate professor of economics in the Andrew Young School of Policy Studies at Georgia State University. Courtemanche co-authored a 2014 study on the company's impact on grocery prices.

"When a Costco moves in, their price advantage is even more pronounced than a Walmart Supercenter," he said. "Competing grocers say 'We can't compete on price.'

Grocers instead decide to bolster customer experience, amenities and convenience, Courtemanche said. Stores will start selling a larger variety of products or expand their deli and bakery section, for example.

The price increase is usually small enough that most consumers don't notice, he said.

"We don't think the higher prices mean that consumers lose," he said.

Courtemanche's study was on larger grocery store chains. He said he doesn't know if any research that directly tests the impact of Costco on small, local stores.

Prescott said she doesn't have plans to make any big changes to Shirley's to compete with Costco. Despite the increased competition from national chains, Prescott said the Bloks people still want to shop at a family-owned store.

"We like our platform, and we like

TODAY'S FORECAST

High: 49° Low: 34°
Rain showers
Full forecast: 4B

INDEX

Death	2A	USA TODAY Money	3B	Life	1D	Television	4D	Comics	5D	Entertainment	5D	Retail	5D
Local/State	3A, 5A, 6A	Sports	7C	Homespeaks	3D								
USA Today	4B												

Call us
1-800-234-1719

Hours
Monday - Friday: 8:00am - 7:00pm
Saturday: 7:00am - 11:00am
Sunday and Holidays: 7:00am - 11:00am

<https://www.facebook.com/lsjnews>
<https://twitter.com/lsjnews>
<https://www.instagram.com/lsjnews/>
<https://www.lansingstatejournal.com/>

Lansing State Journal

WEDNESDAY 10.25.17

THE POWER OF KNOWING SINCE 1855

WWW.LSJ.COM



Doctors, researchers say
teens should start school
later, but most don't

BY WOLCOTT
LANSING STATE JOURNAL

"When you're
sleep deprived,
you don't crave
apples and
carrot sticks,
you crave
pizza and
cheeseburgers."

KIMBERLY FERN

A PSYCHOLOGY PROFESSOR

AT MICHIGAN STATE UNIVERSITY

LANSING — The American Academy of Pediatrics recommends middle and high schools start no earlier than 8:30 a.m. due to chronic lack of sleep among adolescents.

None of the two dozen public high schools in the Lansing area start that late. Neither do most of the area's middle schools.

School administrators who spoke to the State Journal agreed current school start times don't reflect the research on the sleep habits of teens and the impact lack of sleep has.

"We have got to think more judiciously about high school start times," said Lansing Superintendent Yvonne Castral-Curtis.

Busing, the scheduling of regional programs and after-school activities are among the challenges administrators see to making changes to start times.

Facing to do so comes with potential consequences, according to Kimberly Fern, a psychology professor at Michigan State University.

Impacts from lack of sleep range from problems staying attentive to more struggles with short- and long-term memory to

See TIME, Page A4.



TODAY'S FORECAST

INDEX

Death

Local/State

USA Today Money

Sports

USA Today

Horoscopes

Life

Comics

TV

Books

Crossword

Entertainment

Business

Automotive

Real Estate

Classified

Obituaries

Letters

Editorials

Cartoons

Photo Galleries

Photo Slideshows

Photo Essays

O HTML é

lido de forma sequencial.

Então separamos tudo em Blocos.

Lansing State Journal
PART OF THE USA TODAY NETWORK

WEDNESDAY 10.25.17 THE POWER OF KNOWING SINCE 1855 WWW.LSJ.COM

TIME FOR CHANGE?

Doctors, researchers say teens should start school later, but most don't

BY WOLCOTT
LANSING STATE JOURNAL

LANSING — The American Academy of Pediatrics recommends middle and high schools start no earlier than 8:30 a.m. due to chronic lack of sleep among adolescents.

None of the two dozen public high schools in the Lansing area start that late. Neither do most of the area's middle schools.

School administrators who spoke to the State Journal agreed current school start times don't reflect the research on the sleep habits of teens and the impact lack of sleep has.

"We have got to think more judiciously about high school start times," said Lansing superintendent Yvonne Castral-Casner.

Busing, the scheduling of regional programs and after-school activities are among the challenges administrators see to making changes to start times.

Facing to do comes with potential consequences, according to Kimberly Fenn, a psychology professor at Michigan State University.

Impacts from lack of sleep range from problems staying attentive to struggles with short- and long-term memory to

See TIME, Page A4.

Costco to lower others' prices? Maybe not

Business opening could impact customer experience at other stores

HAILEY HANSEN
LANSING STATE JOURNAL

Shirley DeLoach Prescott opened Shirley Specialty Meats in Okemos six years ago after working for the now-defunct J&L Fresh Gourmet. Since her shop opened, five other competitors have crept up.

Each was a hit in the business, Prescott said.

"They've all got into us," she said. "We're holding our own, because we take care of our customers."

When Costco opens its doors later this week, Prescott said she's bracing for a similar effect.

Costco in East Lansing will be one of 15 Costco stores in Michigan, and its impact in the area will likely extend to other businesses and consumers, she said.

Whereas Walmart typically causes prices at competing grocery stores to drop, Costco has an opposite impact, said Charles Courtemanche, associate professor of economics in the Andrew Young School of Policy Studies at Georgia State University. Courtemanche co-authored a 2014 study on the company's impact on grocery prices.

When a Costco moves in, its price advantage is even more pronounced than a Walmart Supercenter, Courtemanche says. "We can't compete on price."

Grocers instead decide to bolster customer experience, amenities and convenience, Courtemanche said. Stores will start selling a larger variety of products or expand their deli and bakery sections, for example.

The price increase is usually small enough that most consumers don't notice, he said.

"We don't think the higher prices mean that consumers lose," he said.

Courtemanche's study was on larger grocery chains. He said he doesn't know if any research that directly tests the impact of Costco on small, local stores.

Prescott said she doesn't have plans to make any big changes to Shirley's to compete with Costco. Despite the increased competition from national chains, Prescott said the Bloks people still want to shop at a family-owned store.

"We like our platform, and we like

TODAY'S FORECAST

High: 49° Low: 34°
Rain showers
Full forecast: 4B

INDEX

Death	2A	USA TODAY Money	3B	Life	1D	Television	4D	Comics	5D
Local/State	3A, 5A, 6A	Sports	1C	Homespeaks	3D				
USA TodayAr	1B								

See PRICES, Page A4.

Call us
1-800-234-1719

Hours
Monday - Friday: 8:00am - 7:00pm
Saturday: 7:00am - 11:00am
Sunday and Holidays: 7:00am - 11:00am

<https://www.facebook.com/lsjnews>
<https://twitter.com/lsjnews>
<https://www.instagram.com/lsjnews/>
<https://www.lansingstatejournal.com/>

O HTML é lido de forma sequencial.

Então separamos tudo em Blocos.

Lansing State Journal
PART OF THE USA TODAY NETWORK

WEDNESDAY 10.25.17 THE POWER OF KNOWING SINCE 1835 WWW.LSJ.COM

TIME FOR CHANGE?

Doctors, researchers say teens should start school later, but most don't

By WOLCOTT
LANSING STATE JOURNAL

LANSING — The American Academy of Pediatrics recommends middle and high schools start no earlier than 8:30 a.m. to combat chronic lack of sleep among adolescents.

None of the two dozen public high schools in the Lansing area start that late. Neither do most of the area's private schools.

School administrators who spoke to the Free Press Journal agreed current school start times don't reflect the research on the sleep habits of teens and the impact lack of sleep has.

"We have got to think more judiciously about high school start times," said Lansing superintendent Yvonne Gaultier.

Timing the scheduling of regional programs and after-school activities are among the challenges administrators see to making changes to start times.

Going to do so comes with potential consequences, according to Kimberly Fenn, a psychology professor at Michigan State University.

Impacts from lack of sleep range from problems staying attentive to more struggles with short- and long-term memory to

See TIME, Page A8.

KIMBERLY FENN
a PSYCHOLOGY PROFESSOR
AT MICHIGAN STATE UNIVERSITY

When you're sleep deprived, you don't crave apples and carrots sticks, you crave pizza and cheeseburgers.

KIMBERLY FENN
a PSYCHOLOGY PROFESSOR
AT MICHIGAN STATE UNIVERSITY

Shirley Decker Prescott opened Shirley Specialty Mounts in Okemos six years ago after searching for the new-old school J.M. Felt Company. Since her store opened, five other companies have crept up.

Each was a hit in the business, Prescott said.

"They've all got into us," she said. "We're hearing our own, because we think of our own."

When Costco opens its doors later this week, Prescott said she's bracing for a similar effect.

Costco in East Lansing will be one of 15 Costco stores in Michigan, and its impact in the area will likely extend to other businesses and consumers, she said.

Whereas Walmart typically causes prices at competing grocery stores to drop, Costco has an opposite impact, said Charles Courtemanche, associate professor of economics in the Anderson School of Policy, Planning and Development at Georgia Tech. Courtemanche co-authored a 2014 study on the company's impact on grocery prices.

When a Costco moves in, its price advantage is even more pronounced than a Walmart Supercenter, he said. "Consumers just say 'We can't compete on price.'

Grocers instead decide to bolster customer experience, amenities and convenience, Courtemanche said. Stores will start selling a larger variety of products or expand their deli and bakery selection, for example.

The impact on local grocery stores is small enough that most consumers don't notice, he said.

"We don't think the higher prices mean that consumers lose," he said.

Courtemanche's study was on larger supermarket chains, he said, but doesn't include any results that directly tests the impact of Costco on small, local stores.

Prescott said she doesn't have plans to make any big changes to Shirley to compete with Costco. Despite the increased competition from national chains, Prescott said the Bloks people still want to shop at a family-owned store.

"We like our platform, and we like

TODAY'S FORECAST

High: 49° Low: 34°
Rain showers. Full forecast, A8

INDEX

Death 2A USA TODAY Money 3B Life 1D Television 4D Comics 5D

Local/State 3A, 5A, 6A Sports 3C Horoscopes 3D

USA TODAY 4B

Call us
1-800-234-1719

Hours
Monday - Friday: 8:00am - 7:00pm
Saturday: 7:00am - 11:00am
Sunday and Holidays: 7:00am - 11:00am

<https://www.facebook.com/lsjnews>
<https://twitter.com/lsjnews>
<https://www.instagram.com/lsjnews/>
<https://www.lansingstatejournal.com/>

O HTML é

lido de forma sequencial.

Então separamos tudo em Blocos.

Lansing State Journal
PART OF THE USA TODAY NETWORK

WEDNESDAY 10.25.17 THE POWER OF KNOWING SINCE 1855 WWW.LSJ.COM

TIME FOR CHANGE?

Doctors, researchers say teens should start school later, but most don't

By WOLCOTT
LANSING STATE JOURNAL

LANSING — The American Academy of Pediatrics recommends middle and high schools start no earlier than 8:30 a.m. due to chronic lack of sleep among adolescents.

None of the two dozen public high schools in the Lansing area start that late. Neither do most of the area's middle schools.

School administrators who spoke to the State Journal agreed current school start times don't reflect the research on the sleep habits of teens and the impact lack of sleep has.

"We have got to think more judiciously about high school start times," said Lansing superintendent Yvonne Castral-Casal.

Busing, the scheduling of regional programs and after-school activities are among the challenges administrators see to making changes to start times.

Failing to do so comes with potential consequences, according to Kimberly Fenn, a psychology professor at Michigan State University.

Impacts from lack of sleep range from problems staying attentive to struggles with short- and long-term memory to

See TIME, Page A4.

Costco to lower others' prices? Maybe not

Business opening could impact customer experience at other stores

HAILEY HANSEN
LANSING STATE JOURNAL

Shirley DeLoach Prescott opened Shirley Specialty Meats in Okemos six years ago after working for the now-defunct J&L Fresh Gourmet. Since her shop opened, five other competitors have crept up.

Each was a bit in the business, Prescott said.

"They've all got into us," she said. "We're finding our own, because we take care of our customers."

When Costco opens its doors later this week, Prescott said she's bracing for a similar effect.

Costco in East Lansing will be one of 15 Costco stores in Michigan, and its impact in the area will likely extend to other businesses and consumers, she said.

Whereas Walmart typically causes prices at competing grocery stores to drop, Costco has an opposite impact, said Charles Courtemanche, associate professor of economics in the Andrew Young School of Policy Studies at Georgia State University. Courtemanche co-authored a 2014 study on the company's impact on grocery prices.

When a Costco moves in, its price advantage is even more pronounced than a Walmart Supercenter, Courtemanche says. "We can't compete on price."

Grocers instead decide to bolster customer experience, amenities and convenience, Courtemanche said. Stores will start selling a larger variety of products or expand their deli and bakery sections, for example.

The price increase is usually small enough that most consumers don't notice, he said.

"We don't think the higher prices mean that consumers lose," he said.

Courtemanche's study was on larger grocery store chains. He said he doesn't know if any research that directly tests the impact of Costco on small, local stores.

Prescott said she doesn't have plans to make any big changes to Shirley's to compete with Costco. Despite the increased competition from national chains, Prescott said the Bloks people still want to shop at a locally owned store.

"This like our platform, and we like

TODAY'S FORECAST

High: 41 Low: 34
Rain forecast: 40%
Full forecast: 40%

INDEX

Deaths	24	USA TODAY Money	38
Local/State	34, 54, 64	Life	10
USA TODAY	10	Religion	40
Sports	30	Comics	50
Homespace	30	Entertainment	4
Automotive	24	Business	50
Real Estate	24	Living Well	4
Financial Services	4	Healthcare	4

Call us
1-800-234-1719

Hours
Monday - Friday: 8:00am - 7:00pm
Saturday: 7:00am - 11:00am
Sunday and Holidays: 7:00am - 11:00am

<https://www.facebook.com/lsjnews>
<https://twitter.com/lsjnews>
<https://www.instagram.com/lsjnews/>
<https://www.lansingstatejournal.com/>

O HTML é

lido de forma sequencial.

Então separamos tudo em Blocos.

Lansing State Journal
PART OF THE USA TODAY NETWORK

WEDNESDAY 10.25.17 THE POWER OF KNOWING SINCE 1855 WWW.LSJ.COM

TIME FOR CHANGE?

Doctors, researchers say teens should start school later, but most don't

BY WOLCOTT
LANSING STATE JOURNAL

LANSING — The American Academy of Pediatrics recommends middle and high schools start no earlier than 8:30 a.m. due to chronic lack of sleep among adolescents.

None of the two dozen public high schools in the Lansing area start that late. Neither do most of the area's middle schools.

School administrators who spoke to the State Journal agreed current school start times don't reflect the research on the sleep habits of teens and the impact lack of sleep has.

"We have got to think more judiciously about high school start times," said Lansing Superintendent Yvonne Central Davis.

Busing, the scheduling of regional programs and after-school activities are among the challenges administrators see to making changes to start times.

Facing to do comes with potential consequences, according to Kimberly Fenn, a psychology professor at Michigan State University.

Impacts from lack of sleep range from problems staying attentive to struggles with short- and long-term memory to

See TIME, Page A8.

Costco to lower others' prices? Maybe not

Business opening could impact customer experience at other stores

HAILEY HANSEN
LANSING STATE JOURNAL

Shirley DeLoach Prescott opened Shirley Specialty Meats in Okemos six years ago after working for the now-defunct J&L Fresh Gourmet. Since her shop opened, five other competitors have crept up.

Each was a hit in the business, Prescott said.

"They've all got into us," she said. "We're finding our own, because we take care of our customers."

When Costco opens its doors later this week, Prescott said she's bracing for a similar effect.

Costco in East Lansing will be one of 15 Costco stores in Michigan, and its impact in the area will likely extend to other businesses and consumers, according to Courtemanche.

Whereas Walmart typically causes prices at competing grocery stores to drop, Costco has an opposite impact, said Charles Courtemanche, associate professor of economics in the Andrew Young School of Policy Studies at Georgia State University. Courtemanche co-authored a 2014 study on the company's impact on grocery prices.

When a Costco moves in, its price advantage is even more pronounced than a Walmart Supercenter, Courtemanche says. "We can't compete on price."

Grocers instead decide to bolster customer experience, amenities and convenience, Courtemanche said. Stores will start selling a larger variety of products or expand their deli and bakery sections, for example.

The price increase is usually small enough that most consumers don't notice, he said.

"We don't think the higher prices mean that consumers lose," he said.

Courtemanche's study was on larger grocery store chains. He said he doesn't know if any research that directly tests the impact of Costco on small, local stores.

Prescott said she doesn't have plans to make any big changes to Shirley's to compete with Costco. Despite the increased competition from national chains, Prescott said the Bloks people still want to shop at a family-owned store.

"We like our platform, and we like

TODAY'S FORECAST INDEX

High: 49° Low: 34° Rain chance: Full forecast: 48° Death: 3A Local/State: 3A, SA, 6A USA TODAY Money: 3B Sports: 3C Life: 3D Horoscopes: 3D Comics: 5D Television: 4D Books: 4D

Call us
1-800-234-1719

Hours
Monday - Friday: 8:00am - 7:00pm
Saturday: 7:00am - 11:00am
Sunday and Holidays: 7:00am - 11:00am

<https://www.facebook.com/lsjnews>
<https://twitter.com/lsjnews>
<https://www.instagram.com/lsjnews/>
<https://www.lansingstatejournal.com/>

Dentro de cada bloco criamos subdivisões que são outros blocos.

Lansing State Journal
PART OF THE USA TODAY NETWORK

WEDNESDAY 10.25.17 THE POWER OF KNOWING SINCE 1855 WWW.LSJ.COM

TIME FOR CHANGE?

Doctors, researchers say teens should start school later, but most don't



EL WOLCOFF
LANSING STATE JOURNAL

LANSING — The American Academy of Pediatrics recommends middle and high schools start no earlier than 8:30 a.m. to combat chronic lack of sleep among adolescents.

None of the two dozen public high schools in the Lansing area start that late. Neither do most of the area's middle schools.

School administrators who spoke to the State Journal agreed current school start times don't reflect the research on the sleep habits of teens and the impact lack of sleep has.

"We have got to think more judiciously about high school start times," said Lansing superintendent Yvonne Central Davis.

Timing the scheduling of regular programs and after-school activities are among the challenges administrators see to making changes to start times.

Going to do so comes with potential consequences, according to Kimberly Fenn, a psychology professor at Michigan State University.

Impacts from lack of sleep range from problems staying attentive to more serious struggles with short- and long-term memory to

See TIME, Page A8.

KIMBERLY FENN
A PSYCHOLOGY PROFESSOR
AT MICHIGAN STATE UNIVERSITY

"When you're sleep deprived, you don't crave apples and carrots sticks; you crave pizza and cheeseburgers."

EL WOLCOFF
LANSING STATE JOURNAL

COSTCO TO LOWER OTHERS' PRICES? Maybe not

Business opening could impact customer experience at other stores

HAILEY HANSEN
LANSING STATE JOURNAL

Shirley Decker Prescott opened Merit Specialty Meats in Okemos six years ago after searching for the new-old model of deli. Five years. Since her store opened, five other competitors have crept up.

Each was a hit in the business, Prescott said.

"They've all got into us," she said. "We're hearing our own, because we think of our own, because we think of our own."

When Costco opens its doors later this week, Prescott said she's bracing for a similar effect.

Costco in East Lansing will be one of 15 Costco stores in Michigan, and its impact in the area will likely extend to other business and consumers, she said.

Whereas Walmart typically causes prices at competing grocery stores to drop, Costco has an opposite impact, said Charles Courtemanche, associate professor of economics in the Anderson School of Policy, Planning and Development at Georgia Tech. Courtemanche co-authored a 2014 study on the company's impact on grocery prices.

"When a Costco moves in, their price advantage is even more pronounced than a Walmart Supercenter," he said. "Consumers just say 'We can't compete on price.'

Grocers instead decide to bolster customer experience, amenities and convenience, Courtemanche said. Stores will start selling a larger variety of products or expand their deli and bakery selection, for example.

"The impact is probably really small enough that most consumers don't notice," he said.

"We don't think the higher prices mean that consumers lose," he said. Courtemanche's study was on larger "supermarket" chains, he said, but doesn't include tiny retailers that directly test the impact of Costco on small, local ones.

Prescott said she doesn't have plans to make any big changes to Merit to compete with Costco. Despite the increased competition from nearby stores, Prescott said, "I think the folks people still want to shop at a family-owned store."

"This like our platform, and we like

TODAY'S FORECAST
High: 49° Low: 34°
Rain showers. Full forecast: A8

INDEX
Deaths 2A Local/State 3A, 5A, 6A USA TODAY Money 3B Sports 1C USA TODAY 4B

CLASSIFIED
Classified 4B Living 4B Comics 5D Horoscopes 3D

ST. JOSEPH RETAIL
Retail 4B Living 4B Comics 5D Horoscopes 3D

Call us
1-800-234-1719

Hours
Monday - Friday: 8:00am - 7:00pm
Saturday: 7:00am - 11:00am
Sunday and Holidays: 7:00am - 11:00am

<https://www.facebook.com/lsjnews>
<https://twitter.com/lsjnews>
<https://www.instagram.com/lsjnews/>
<https://www.lansingstatejournal.com/>

Dentro de cada bloco criamos subdivisões que são outros blocos.

Lansing State Journal
PART OF THE USA TODAY NETWORK

WEDNESDAY 10.25.17 THE POWER OF KNOWING SINCE 1855 WWW.LSJ.COM

TIME FOR CHANGE?

Doctors, researchers say teens should start school later, but most don't

RJ WOLCOTT
LANSING STATE JOURNAL

LANSING - The American Academy of Pediatrics recommends middle and high schools start no earlier than 8:30 a.m. to combat chronic lack of sleep among adolescents.

None of the two dozen public high schools in the Lansing area start that late. Neither do most of the area's middle schools.

School administrators who spoke to the *Lansing State Journal* agreed current school start times don't reflect the research on the sleep habits of teens and the impact lack of sleep has.

"We have got to think more judiciously about high school start times," said Lansing Superintendent Yvonne Gauvin-Caudell.

During the scheduling of regional programs and after-school activities are among the challenges administrators see to making changes to start times.

Failing to do so comes with potential consequences, according to Kimberly Fenn, a psychology professor at Michigan State University.

Impacts from lack of sleep range from problems staying attentive to more struggles with short- and long-term memory to

See TIME, Page A4.

KIMBERLY FENN
A PSYCHOLOGY PROFESSOR
AT MICHIGAN STATE UNIVERSITY

"When you're sleep deprived, you don't crave apples and carrots sticks, you crave pizza and cheeseburgers."

TODAY'S FORECAST

High: 49° Low: 34°
Rain showers. Full forecast: 4B

INDEX

Death 2A USA TODAY Money 3B Life 1D Television 4D Comics 5D
Local/State 3A, 5A, 6A Sports 3C Horoscopes 3D
USA TODAY 4B

Call us
1-800-234-1719

Hours
Monday - Friday: 8:00am - 7:00pm
Saturday: 7:00am - 11:00am
Sunday and Holidays: 7:00am - 11:00am

<https://www.facebook.com/lsjnews>
<https://twitter.com/lsjnews>
<https://www.instagram.com/lsjnews/>
<https://www.lansingstatejournal.com/>

Costco to lower others' prices? Maybe not

Business opening could impact customer experience at other stores

HAILEY HANSEN
LANSING STATE JOURNAL

Shirley Decker Prescott opened Merit Specialty Meats in Okemos six years ago after searching for the new-old model of deli. Five years. Since her store opened, five other competitors have crept up.

Each was a hit in the business, Prescott said.

"They've all got into us," she said. "We're hearing our own, because we think of our own, because we think of our own."

When Costco opens its doors later this week, Prescott said she's bracing for a similar effect.

Costco in East Lansing will be one of 15 Costco stores in Michigan, and its impact in the area will likely extend to other businesses and consumers, Prescott said, at those stores.

Whereas Walmart typically causes prices at competing grocery stores to drop, Costco has an opposite impact, said Charles Courtemanche, associate professor of economics in the Anderson School of Policy, Planning and Development at UCLA. Courtemanche co-authored a 2014 study on the company's impact on grocery prices.

"When a Costco moves in, their price advantage is even more pronounced than a Walmart Supercenter," he said. "Consumers pay less."

Grocers instead decide to bolster customer experience, amenities and convenience, Courtemanche said. Stores will start selling a larger variety of products or expand their deli and bakery selection, for example.

"The stores are probably small enough that most consumers don't notice," he said.

"We don't think the higher prices mean that consumers lose," he said.

Courtemanche's study was on larger "supermarket" chains, he said, but doesn't include any results that directly tests the impact of Costco on small, local stores.

Prescott said she doesn't have plans to make any big changes to Merit to compete with Costco. Despite the increased competition from nearby stores, Prescott said, "I think the Bloks people still want to shop at a family-owned store."

"We like our platform, and we like

Dentro de cada bloco criamos subdivisões que são outros blocos.



Lansing State Journal

WEDNESDAY 10.25.17

THE POWER OF KNOWING SINCE 1855

WWW.LSJ.COM



Costco to lower others' prices? Maybe not

Business opening could impact customer experience at other stores

HAILEY HANSEN
LANSING STATE JOURNAL

Shirley DeLoach Prescott opened Merit Specialty Meats in Okemos six years ago after working for the now-defunct J&L Fresh Gourmet. Since her shop opened, five other competitors have crept up.

Each was a hit in the business,

Prescott said. "They've all got into us," she said. "We're finding our own, because we take care of our own."

When Costco opens its doors later this week, Prescott said she's bracing for a similar effect.

Costco in East Lansing will be one of 15 Costco stores in Michigan, and its impact in the area will likely extend to other businesses and consumers, Prescott said at those stores.

Whereas Walmart typically causes prices at competing grocery stores to drop, Costco has an opposite impact, said Charles Courtemanche, associate professor of economics in the Andrew Young School of Policy Studies at Georgia State University. Courtemanche co-authored a 2014 study on the company's impact on grocery prices.

"When a Costco moves in, their price advantage is even more pronounced than a Walmart Supercenter," Courtemanche says. "Consumers say 'We can't compete on price.'"

Grocers instead decide to bolster customer experience, amenities and convenience, Courtemanche said. Stores will start selling a larger variety of products or expand their deli and bakery section, for example.

The price increase is usually small enough that most consumers don't notice, he said.

"We don't think the higher prices mean that consumers lose," he said.

Courtemanche's study is on larger supermarket chains. He said he doesn't know if any research that directly tests the impact of Costco on small, local stores.

Prescott said she doesn't have plans to make any big changes to Merit to compete with Costco. Despite the increased competition from national chain, Prescott said the Bloks people still want to shop at a family-owned store.

"We like our platform, and we like

Vamos dar nomes para cada bloco:

<https://www.facebook.com/lsjnews>
<https://twitter.com/lsjnews>
<https://www.instagram.com/lsjnews/>
<https://www.lansingstatejournal.com/>

Vamos dar nomes
para cada bloco:

—Corpo

Lansing State Journal

PART OF THE USA TODAY NETWORK

WEDNESDAY 10.25.17

THE POWER OF KNOWING SINCE 1855

WWW.LSJ.COM

TIME FOR CHANGE?

Doctors, researchers say teens should start school later, but most don't

BY WOLCOTT
LANSING STATE JOURNAL

LANSING - The American Academy of Pediatrics now recommends middle and high schools start no earlier than 8:30 a.m. to combat chronic lack of sleep among adolescents.

None of the two dozen public high schools in the Lansing area start that late. Neither do most of the area's private schools.

School administrators who spoke to the State Journal agreed current school start times don't reflect the research on the sleep habits of teens and the recent lack of sleep they get.

"We have gone to think more judiciously about high school start times," said Lansing Superintendent Yvonne Castral Canal.

Fixing the scheduling of regional programs and after-school activities are among the challenges administrators see to making changes to start times.

Failing to do so comes with potential consequences, according to Kimberly Fenn, a psychology professor at Michigan State University.

Impacts from lack of sleep range from problems staying attentive and struggling with short- and long-term memory to

See TIME, Page A8.

"When you're sleep deprived, you don't crave apples and carrots sticks, you crave pizza and cheeseburgers."

KIMBERLY FENN
A PSYCHOLOGY PROFESSOR
AT MICHIGAN STATE UNIVERSITY

Costco to lower others' prices? Maybe not

Business opening could impact customer experience at other stores

HAILEY HANSEN
LANSING STATE JOURNAL

Shirley Decker Present opened Shirley's Specialty Meats in Okemos six years ago after working for the now-shuttered LMI Fresh Markets. Since it was re-opened, five other competitors have sprung up.

Each was a hit to the business, Present said.

"They've all got into us," she said. "We're holding our own, because we take care of our customers."

When Costco opens its doors later this week, Present said she's bracing for a similar effect.

Costco's East Lansing will be one of 15 Costco stores in Michigan, and its impact in the area will likely extend to local businesses and consumers' experiences at those stores.

Whereas Walmart typically causes prices at competing grocery stores to drop, Costco has an opposite impact, said Charles Courtemanche, associate professor of economics in the Andrew Young School of Policy Studies at Georgia State University. Courtemanche co-authored a 2014 study on the company's impact on grocery prices.

"When a Costco moves in, their price advantage is even more pronounced than a Walmart Supercenter," Courtemanche writes. "Consumers are willing to pay more for a Costco's lower prices."

Grocers instead decide to bolster customer experience, amenities and convenience, Courtemanche said. Stores will want sell a larger variety of products or expand their deli and bakery selection, for example.

The price increase is usually small enough that most consumers don't notice, he said.

"We don't think the higher prices mean that consumers lose," he said.

Courtemanche's study who on larger supermarket chains. He said he doesn't know of any research that directly tests the impact of Costco on small, local stores.

Present said she doesn't have plans to make any big changes to LMI's to compete with Costco. Despite the increased competition from national chains, Present said she thinks people still want to shop at a locally owned store.

"We like our platform, and we like

See PRICES, Page 1A.

TODAY'S FORECAST

High: 49°/Low: 34°
Rain showers
Full forecast, A8

INDEX

Deaths	2A	USA TODAY Money	3B	Life	1D	Television	4D
Local/State	3A, 5A, 6A	Sports	1C	Homespace	3D	Comics	5D
USA TODAY	B8						

\$1.50	\$1.50
Domestic	Domestic
Foreign	Foreign
Midweek	Midweek

Call us
1-800-234-1719

Hours
Monday - Friday: 8:00am - 7:00pm
Saturday: 7:00am - 11:00am
Sunday and Holidays: 7:00am - 11:00am

<https://www.facebook.com/lsjnews>

<https://twitter.com/lsjnews>

<https://www.instagram.com/lsjnews/>

<https://www.lansingstatejournal.com/>

Lansing State Journal
PART OF THE USA TODAY NETWORK
WEDNESDAY, APRIL 17, 2019
THE POWER OF KNOWING SINCE 1835
WWW.LSJ.COM

TIME FOR CHANGE?

Doctors, researchers say teens should start school later, but most don't

By WOLCOTT
LANSING STATE JOURNAL

LANSING — The American Academy of Pediatrics recommends middle and high schools start no earlier than 8:30 a.m. to combat chronic lack of sleep among adolescents.

None of the two dozen public high schools in the Lansing area start that late. Neither do most of the area's middle schools.

School administrators who spoke to the State Journal agreed current school start times don't reflect the research on the sleep habits of teens and the impact lack of sleep has.

"We have got to think more judiciously about high school start times," said Lansing Superintendent Yvonne Castral-Casal.

Busing, the scheduling of regional programs and after-school activities are among the challenges administrators see to making changes to start times.

Facing to do so comes with potential consequences, according to Kimberly Fenn, a psychology professor at Michigan State University.

Impacts from lack of sleep range from problems staying attentive to more struggles with short- and long-term memory to

See TIME, Page A8.

When you're sleep deprived, you don't crave apples and carrots sticks, you crave pizza and cheeseburgers.

KIMBERLY FENN
A PSYCHOLOGY PROFESSOR
AT MICHIGAN STATE UNIVERSITY

Costco to lower others' prices? Maybe not

Business opening could impact customer experience at other stores

HAILEY HANSEN
LANSING STATE JOURNAL

Shirley DeLoach Prescott opened Merit Specialty Meats in Okemos six years ago after working for the now-defunct J&L Fresh Gourmet. Since her shop opened, five other competitors have crept up.

Each was a bit in the business, Prescott said.

"They've all got into us," she said. "We're finding our own, because we take care of our own."

When Costco opens its doors later this week, Prescott said she's bracing for a similar effect.

Costco in East Lansing will be one of 15 Costco stores in Michigan, and its impact in the area will likely extend to other business and consumers, she said.

Whereas Walmart typically causes prices at competing grocery stores to drop, Costco has an opposite impact, said Charles Courtemanche, associate professor of economics in the Andrew Young School of Policy Studies at Georgia State University. Courtemanche co-authored a 2014 study on the company's impact on grocery prices.

"When a Costco moves in, their price advantage is even more pronounced than a Walmart Supercenter," he said. "Competing grocers say 'We can't compete on price.'"

Grocers instead decide to bolster customer experience, amenities and convenience, Courtemanche said. Stores will start selling a larger variety of products or expand their deli and bakery section, for example.

The price increase is usually small enough that most consumers don't notice, he said.

"We don't think the higher prices mean that consumers lose," he said.

Courtemanche's study was on larger "supercenter" chains. He said he doesn't know if any research that directly tests the impact of Costco on small, local stores.

Prescott said she doesn't have plans to make any big changes to Merit to compete with Costco. Despite the increased competition from national chains, Prescott said the Bloks people still want to shop at a family-owned store.

"This like our platform, and we like

See PRICES, Page A8.

TODAY'S FORECAST

High: 49° Low: 34°
Rain showers
Full forecast: A8

INDEX

Death: 2A USA TODAY Money: 3B Life: 10 Television: 4D Comics: 5D
Local/State: 3A, 5A, 6A Sports: 1C Horoscopes: 3D
USA TODAYAr: 1B

Call us
1-800-234-1719

Hours
Monday - Friday: 8:00am - 7:00pm
Saturday: 7:00am - 11:00am
Sunday and Holidays: 7:00am - 11:00am

<https://www.facebook.com/lsjnews>
<https://twitter.com/lsjnews>
<https://www.instagram.com/lsjnews/>
<https://www.lansingstatejournal.com/>

Vamos dar nomes para cada bloco: **Corpo Cabeçalho**

Lansing State Journal
WEDNESDAY, APRIL 17, 2013
THE POWER OF KNOWING SINCE 1835
WWW.LSJ.COM

TIME FOR CHANGE?

Doctors, researchers say teens should start school later, but most don't

KIMBERLY FERN
LANSING STATE JOURNAL

LANSING — The American Academy of Pediatrics recommends middle and high schools start no earlier than 8:30 a.m. due to chronic lack of sleep among adolescents.

None of the two dozen public high schools in the Lansing area start that late. Neither do most of the area's middle schools.

School administrators who spoke to the State Journal agreed current school start times don't reflect the research on the sleep habits of teens and the impact lack of sleep has.

"We have got to think more judiciously about high school start times," said Lansing superintendent Yvonne Gauvin-Casali.

Busing, the scheduling of regional programs and after-school activities are among the challenges administrators see to making changes to start times.

Facing to do so comes with potential consequences, according to Kimberly Fern, a psychology professor at Michigan State University.

Impacts from lack of sleep range from problems staying attentive to more struggles with short- and long-term memory to mental health issues.

See TIME, Page A4.

TODAY'S FORECAST

High: 49° Low: 34°
Rain showers
Full forecast: A4

INDEX

Death	A4	USA TODAY Money	A8	Life	A10	Television	A10	Comics	A10
Local/State	A3, A4, A6	Sports	A12	Homespeaks	A10				
USA Today/A4R	A8								

See PRICES, Page A8.

COSTCO to lower others' prices? Maybe not

Business opening could impact customer experience at other stores

HAILEY HANSEN
LANSING STATE JOURNAL

Shirley DeLoach Prescott opened Merit Specialty Meats in Okemos a year ago after working for the new store at 10 a.m. Full Contact. Since her shop opened, five other companies have crept up.

Each was a hit in the business, Prescott said.

"They've all got into us," she said. "We're finding our own, because we take care of our own."

When Costco opens its doors later this week, Prescott said she's bracing for a similar effect.

Costco in East Lansing will be one of 15 Costco stores in Michigan, and its impact in the area will likely extend to other businesses and consumers throughout the state.

Whereas Walmart typically causes prices at competing grocery stores to drop, Costco has an opposite impact said Charles Courtmanche, associate professor of economics in the Andrew Young School of Policy Studies at Georgia State University. Courtmanche co-authored a 2011 study of the company's impact on grocery prices.

"When a Costco moves in, the price advantage is even more pronounced than a Walmart Supercenter," he said. "Competing grocery stores say 'We can't compete on price.'"

Grocers instead decide to focus on customer experience, amenities and convenience, Courtmanche said. Stores will start selling a larger variety of products or expand their deli sections, for example.

The price increase is usually small enough that most consumers don't notice, he said.

"We don't think the higher price means that consumers lose," he said.

Courtmanche's study was on local grocery store chains; he said it doesn't know if any research has directly tested the impact of Costco on small, local stores.

Prescott said she doesn't have plans to make any big changes to Merit to compete with Costco. Despite the increased competition from national chains, Prescott said she thinks people still want to shop at a family-owned store.

"This like our platform, and we like

<https://www.facebook.com/ljsjnews>
<https://twitter.com/ljsjnews>
<https://www.instagram.com/ljsjnews/>
<https://www.lansingstatejournal.com/>

Vamos dar nomes para cada bloco: **Corpo Cabeçalho Principal**



Vamos dar nomes para cada bloco: **Corpo** **Cabeçalho** **Principal** **Outra Seção**

<https://www.facebook.com/lsjnews>
<https://twitter.com/lsjnews>
<https://www.instagram.com/lsjnews/>
<https://www.lansingstatejournal.com/>



Vamos dar nomes para cada bloco: **Corpo** **Cabeçalho** **Principal** **Outra Seção** **Rodapé**



Traduzindo para o HTML.

Corpo <body>
Cabeçalho <header>
Principal <main>
Outra Seção <section>
Rodapé <footer>

Código HTML



```
<body>
  <header>
    <!-- Conteúdo do Header -->
  </header>
  <main>
    <!-- Conteúdo do Main -->
  </main>
  <section>
    <!-- Conteúdo do Section -->
  </section>
  <footer>
    <!-- Conteúdo do Footer -->
  </footer>
</body>
```



TIME FOR CHANGE?

Doctors, researchers say teens should start school later, but most don't

RJ WOLCOTT
LANSING STATE JOURNAL

LANSING - The American Academy of Podiatrists recommends middle and high schools start no earlier than 8:30 a.m. to combat chronic lack of sleep among adolescents.

None of the two dozen public high schools in the Lansing area start that late. Neither do most of the area's middle schools.

School administrators who spoke to the State Journal agreed current school start times don't reflect the research on the sleep habits of teens and the impact lack of sleep has.

"We have got to think more judiciously about high school start times," said Lansing Superintendent Yvonne Crumal-Camul.

Busing, the scheduling of regional programs and after-school activities are among the challenges administrators see to making changes to start times.

Failing to do so comes with potential consequences, according to Kimberly Fenn, a psychology professor at Michigan State University.

Impacts from lack of sleep range from problems staying attentive and struggling with short- and long-term memory to

See TIME, Page 4A

"When you're sleep deprived, you don't crave apples and carrots sticks, you crave pizza and cheeseburgers."

KIMBERLY FENN
A PSYCHOLOGY PROFESSOR
AT MICHIGAN STATE UNIVERSITY

Costco to lower others' prices? Maybe not

Business opening could impact customer experience at other stores

HALEY HANSEN
LANSING STATE JOURNAL

Shirley Decker Prescott opened Mert's Specialty Meats in Okemos six years ago after working for the now-shuttered L&L Food Centers. Since her shop opened, five other competitors have cropped up.

Each was a hit to the business, Prescott said.

"They've all got into us," she said. "We're holding our own, because we take care of our customers."

When Costco opens its doors later this week, Prescott said she's bracing for a similar effect.

Costco in East Lansing will be one of 15 Costco stores in Michigan, and its impact in the area will likely extend to other businesses and consumers' experiences at those stores.

Whereas Walmart typically causes prices at competing grocery stores to drop, Costco has an opposite impact, said Charles Courtemanche, associate professor of economics in the Andrew Young School of Policy Studies at Georgia State University. Courtemanche co-authored a 2014 study on the company's impact on grocery prices.

"When a Costco moves in, their price advantage is even more pronounced than a Walmart Supercenter," he said. "Conventional groceries say 'We can't compete on price.'"

Grocers instead decide to bolster customer experience, amenities and convenience, Courtemanche said. Stores will start selling a larger variety of products or expand their deli and bakery selection, for example.

The price increase is usually small enough that most consumers don't notice, he said.

"We don't think the higher prices mean that consumers lose," he said.

Courtemanche's study was on larger supermarket chains. He said he doesn't know of any research that directly tests the impact of Costco on small, local stores.

Prescott said she doesn't have plans to make any big changes to Mert's to compete with Costco. Despite the increased competition from national chains, Prescott said she thinks people still want to shop at a locally owned store.

"We like our platform, and we like

See PRICES, Page 4A

Decifrando o main...



TIME FOR CHANGE?

Doctors, researchers say teens should start school later, but most don't

RJ WOLCOTT
LANSING STATE JOURNAL

LANSING - The American Academy of Podiatrists recommends middle and high schools start no earlier than 8:30 a.m. to combat chronic lack of sleep among adolescents.

None of the two dozen public high schools in the Lansing area start that late. Neither do most of the area's middle schools.

School administrators who spoke to the State Journal agreed current school start times don't reflect the research on the sleep habits of teens and the impact lack of sleep has.

"We have got to think more judiciously about high school start times," said Lansing Superintendent Yvonne Crumal-Camul.

Busing, the scheduling of regional programs and after-school activities are among the challenges administrators see to making changes to start times.

Feeling tired comes with potential consequences, according to Kimberly Fenn, a psychology professor at Michigan State University.

Impacts from lack of sleep range from problems staying attentive and struggling with short- and long-term memory to

See TIME, Page 4A

"When you're sleep deprived, you don't crave apples and carrots sticks, you crave pizza and cheeseburgers."

KIMBERLY FENN
A PSYCHOLOGY PROFESSOR
AT MICHIGAN STATE UNIVERSITY

Costco to lower others' prices? Maybe not

Business opening could impact customer experience at other stores

HALEY HANSEN
LANSING STATE JOURNAL

Shirley Decker Prescott opened Mert's Specialty Meats in Okemos six years ago after working for the now-shuttered L&L Food Centers. Since her shop opened, five other competitors have cropped up.

Each was a hit to the business, Prescott said.

"They've all got into us," she said. "We're holding our own, because we take care of our customers."

When Costco opens its doors later this week, Prescott said she's bracing for a similar effect.

Costco in East Lansing will be one of 15 Costco stores in Michigan, and its impact in the area will likely extend to other businesses and consumers' experiences at those stores.

Whereas Walmart typically causes prices at competing grocery stores to drop, Costco has an opposite impact, said Charles Courtemanche, associate professor of economics in the Andrew Young School of Policy Studies at Georgia State University. Courtemanche co-authored a 2014 study on the company's impact on grocery prices.

"When a Costco moves in, their price advantage is even more pronounced than a Walmart Supercenter," he said. "Conventional groceries say 'We can't compete on price.'"

Grocers instead decide to bolster customer experience, amenities and convenience, Courtemanche said. Stores will start selling a larger variety of products or expand their deli and bakery selection, for example.

The price increase is usually small enough that most consumers don't notice, he said.

"We don't think the higher prices mean that consumers lose," he said.

Courtemanche's study was on larger supermarket chains. He said he doesn't know of any research that directly tests the impact of Costco on small, local stores.

Prescott said she doesn't have plans to make any big changes to Mert's to compete with Costco. Despite the increased competition from national chains, Prescott said she thinks people still want to shop at a locally owned store.

"We like our platform, and we like

See PRICES, Page 4A

Primeiro dividimos em duas partes.

<section>

<aside>

TIME FOR CHANGE?

Doctors, researchers say teens should start school later, but most don't

RJ WOLCOTT
LANSING STATE JOURNAL

LANSING - The American Academy of Podiatrists recommends middle and high schools start no earlier than 8:30 a.m. to combat chronic lack of sleep among adolescents.

None of the two dozen public high schools in the Lansing area start that late. Neither do most of the area's middle schools.

School administrators who spoke to the State Journal agreed current school start times don't reflect the research on the sleep habits of teens and the impact lack of sleep has.

"We have got to think more judiciously about high school start times," said Lansing Superintendent Yvonne Crisman Camul.

Butting the scheduling of regional programs and after-school activities are among the challenges administrators see to making changes to start times.

Feeling tired goes with potential consequences, according to Kimberly Fenn, a psychology professor at Michigan State University.

Impacts from lack of sleep range from problems staying attentive and struggling with short- and long-term memory to

See TIME, Page 4A

"When you're sleep deprived, you don't crave apples and carrots sticks, you crave pizza and cheeseburgers."

KIMBERLY FENN
A PSYCHOLOGY PROFESSOR
AT MICHIGAN STATE UNIVERSITY



Costco to lower others' prices? Maybe not

Business opening could impact customer experience at other stores

HALEY HANSEN
LANSING STATE JOURNAL

Shirley Decker Prescott opened Mert's Specialty Meats in Okemos six years ago after working for the now-shuttered L&L Food Centers. Since her shop opened, five other competitors have cropped up.

Each was a hit to the business, Prescott said.

"They've all got into us," she said. "We're holding our own, because we take care of our customers."

When Costco opens its doors later this week, Prescott said she's bracing for a similar effect.

Costco in East Lansing will be one of 15 Costco stores in Michigan, and its impact in the area will likely extend to other businesses and consumers' experiences at those stores.

Whereas Walmart typically causes prices at competing grocery stores to drop, Costco has an opposite impact, said Charles Courtemanche, associate professor of economics in the Andrew Young School of Policy Studies at Georgia State University. Courtemanche co-authored a 2014 study on the company's impact on grocery prices.

"When a Costco moves in, their price advantage is even more pronounced than a Walmart Supercenter," he said. "Conventional groceries say 'We can't compete on price.'"

Grocers instead decide to bolster customer experience, amenities and convenience, Courtemanche said. Stores will start selling a larger variety of products or expand their deli and bakery selection, for example.

The price increase is usually small enough that most consumers don't notice, he said.

"We don't think the higher prices mean that consumers lose," he said.

Courtemanche's study was on larger supermarket chains. He said he doesn't know of any research that directly tests the impact of Costco on small, local stores.

Prescott said she doesn't have plans to make any big changes to Mert's to compete with Costco. Despite the increased competition from national chains, Prescott said she thinks people still want to shop at a locally owned store.

"We like our platform, and we like

See PRICES, Page 4A

Primeiro dividimos em duas partes.

```
<main>
  <section>
    <!--Conteúdo do Section-->
  </section>
  <aside>
    <!--Conteúdo do Aside-->
  </aside>
</main>
```

TIME FOR CHANGE?

Doctors, researchers say teens should start school later, but most don't

RJ WOLCOTT
LANSING STATE JOURNAL

LANSING - The American Academy of Podiatrists recommends middle and high schools start no earlier than 8:30 a.m. to combat chronic lack of sleep among adolescents.

None of the two dozen public high schools in the Lansing area start that late. Neither do most of the area's middle schools.

School administrators who spoke to the State Journal agreed current school start times don't reflect the research on the sleep habits of teens and the impact lack of sleep has.

"We have got to think more judiciously about high school start times," said Lansing Superintendent Yvonne Crumal Canul.

Busing, the scheduling of regional programs and after-school activities are among the challenges administrators see to making changes to start times.

Feeling tired goes with potential consequences, according to Kimberly Fenn, a psychology professor at Michigan State University.

Impacts from lack of sleep range from problems staying attentive and struggling with short- and long-term memory to

See TIME, Page 4A

"When you're sleep deprived, you don't crave apples and carrots sticks, you crave pizza and cheeseburgers."

KIMBERLY FENN
A PSYCHOLOGY PROFESSOR
AT MICHIGAN STATE UNIVERSITY

Costco to lower others' prices? Maybe not

Business opening could impact customer experience at other stores

HALEY HANSEN
LANSING STATE JOURNAL

Shirley Decker Prescott opened Mert's Specialty Meats in Okemos six years ago after working for the now-shuttered L&L Food Centers. Since her shop opened, five other competitors have cropped up.

Each was a hit to the business, Prescott said.

"They've all got into us," she said. "We're holding our own, because we take care of our customers."

When Costco opens its doors later this week, Prescott said she's bracing for a similar effect.

Costco in East Lansing will be one of 15 Costco stores in Michigan, and its impact in the area will likely extend to other businesses and consumers' experiences at those stores.

Whereas Walmart typically causes prices at competing grocery stores to drop, Costco has an opposite impact, said Charles Courtemanche, associate professor of economics in the Andrew Young School of Policy Studies at Georgia State University. Courtemanche co-authored a 2014 study on the company's impact on grocery prices.

"When a Costco moves in, their price advantage is even more pronounced than a Walmart Supercenter," he said. "Conventional groceries say 'We can't compete on price.'"

Grocers instead decide to bolster customer experience, amenities and convenience, Courtemanche said. Stores will start selling a larger variety of products or expand their deli and bakery selection, for example.

The price increase is usually small enough that most consumers don't notice, he said.

"We don't think the higher prices mean that consumers lose," he said.

Courtemanche's study was on larger supermarket chains. He said he doesn't know of any research that directly tests the impact of Costco on small, local stores.

Prescott said she doesn't have plans to make any big changes to Mert's to compete with Costco. Despite the increased competition from national chains, Prescott said she thinks people still want to shop at a locally owned store.

"We like our platform, and we like

See PRICES, Page 4A

Subdividimos o section em duas partes.

```
<section>
  <header>
    <!--Conteúdo do Header-->
  </header>
  <article>
    <!--Conteúdo do Article-->
  </article>
</section>
```

TIME FOR CHANGE?

Doctors, researchers say teens should start school later, but most don't

RJ WOLCOTT
LANSING STATE JOURNAL

LANSING - The American Academy of Podiatrists recommends middle and high schools start no earlier than 8:30 a.m. to combat chronic lack of sleep among adolescents.

None of the two dozen public high schools in the Lansing area start that late. Neither do most of the area's middle schools.

School administrators who spoke to the State Journal agreed current school start times don't reflect the research on the sleep habits of teens and the impact lack of sleep has.

"We have got to think more judiciously about high school start times," said Lansing Superintendent Yvonne Crumal Camul.

Busing, the scheduling of regional programs and after-school activities are among the challenges administrators see to making changes to start times.

Feeling tired goes with potential consequences, according to Kimberly Fenn, a psychology professor at Michigan State University.

Impacts from lack of sleep range from problems staying attentive and struggles with short- and long-term memory to

See TIME, Page 4A

KIMBERLY FENN
A PSYCHOLOGY PROFESSOR
AT MICHIGAN STATE UNIVERSITY

"When you're sleep deprived, you don't crave apples and carrots sticks, you crave pizza and cheeseburgers."

See PRICES, Page 4A

Costco to lower others' prices? Maybe not

Business opening could impact customer experience at other stores

HALEY HANSEN
LANSING STATE JOURNAL

Shirley Decker Prescott opened Mert's Specialty Meats in Okemos six years ago after working for the now-shuttered L&L Food Centers. Since her shop opened, five other competitors have cropped up.

Each was a hit to the business, Prescott said.

"They've all got into us," she said. "We're holding our own, because we take care of our customers."

When Costco opens its doors later this week, Prescott said she's bracing for a similar effect.

Costco in East Lansing will be one of 15 Costco stores in Michigan, and its impact in the area will likely extend to other businesses and consumers' experiences at those stores.

Whereas Walmart typically causes prices at competing grocery stores to drop, Costco has an opposite impact, said Charles Courtemanche, associate professor of economics in the Andrew Young School of Policy Studies at Georgia State University. Courtemanche co-authored a 2014 study on the company's impact on grocery prices.

"When a Costco moves in, their price advantage is even more pronounced than a Walmart Supercenter," he said. "Conventional groceries say 'We can't compete on price.'"

Grocers instead decide to bolster customer experience, amenities and convenience, Courtemanche said. Stores will start selling a larger variety of products or expand their deli and bakery selection, for example.

The price increase is usually small enough that most consumers don't notice, he said.

"We don't think the higher prices mean that consumers lose," he said.

Courtemanche's study was on larger supermarket chains. He said he doesn't know of any research that directly tests the impact of Costco on small, local stores.

Prescott said she doesn't have plans to make any big changes to Mert's to compete with Costco. Despite the increased competition from national chains, Prescott said she thinks people still want to shop at a locally owned store.

"We like our platform, and we like

Separamos o article em três partes.

```
<article>
  <h2><! -- Conteúdo do H2 --></h2>
  <div>
    <! -- Conteúdo do Div -->
  </div>
  <cite>
    <! -- Conteúdo do Cite -->
  </cite>
</article>
```

O Código Completo

```
<body>
  <header>
    |   <!-- Conteúdo do Header -->
  </header>
  <main>
    <section>
      <header>
        |   <!-- Conteúdo do Header -->
      </header>
      <article>
        <h2><!-- Conteúdo do H2 --></h2>
        <div>
          |   <!-- Conteúdo do Div -->
        </div>
        <cite>
          |   <!-- Conteúdo do Cite -->
        </cite>
      </article>
    </section>
    <aside>
      |   <!-- Conteúdo do Aside -->
    </aside>
  </main>
  <section>
    |   <!-- Conteúdo do Section -->
  </section>
  <footer>
    |   <!-- Conteúdo do Footer -->
  </footer>
</body>
```

O Desafio

Tente desenvolver a página sózinho.

O link dos arquivos para o exercício está na descrição do vídeo

Inclusive o PDF com esta aula.

Deus abençoe a todos...



Prof. Luis Vulcanis